

BBC

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November 2020
DHS15

Middle East

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Al fresco
dining ideas

**SPEEDY
WEEKNIGHT
DINNERS**



*Enjoy the great
outdoors with...*

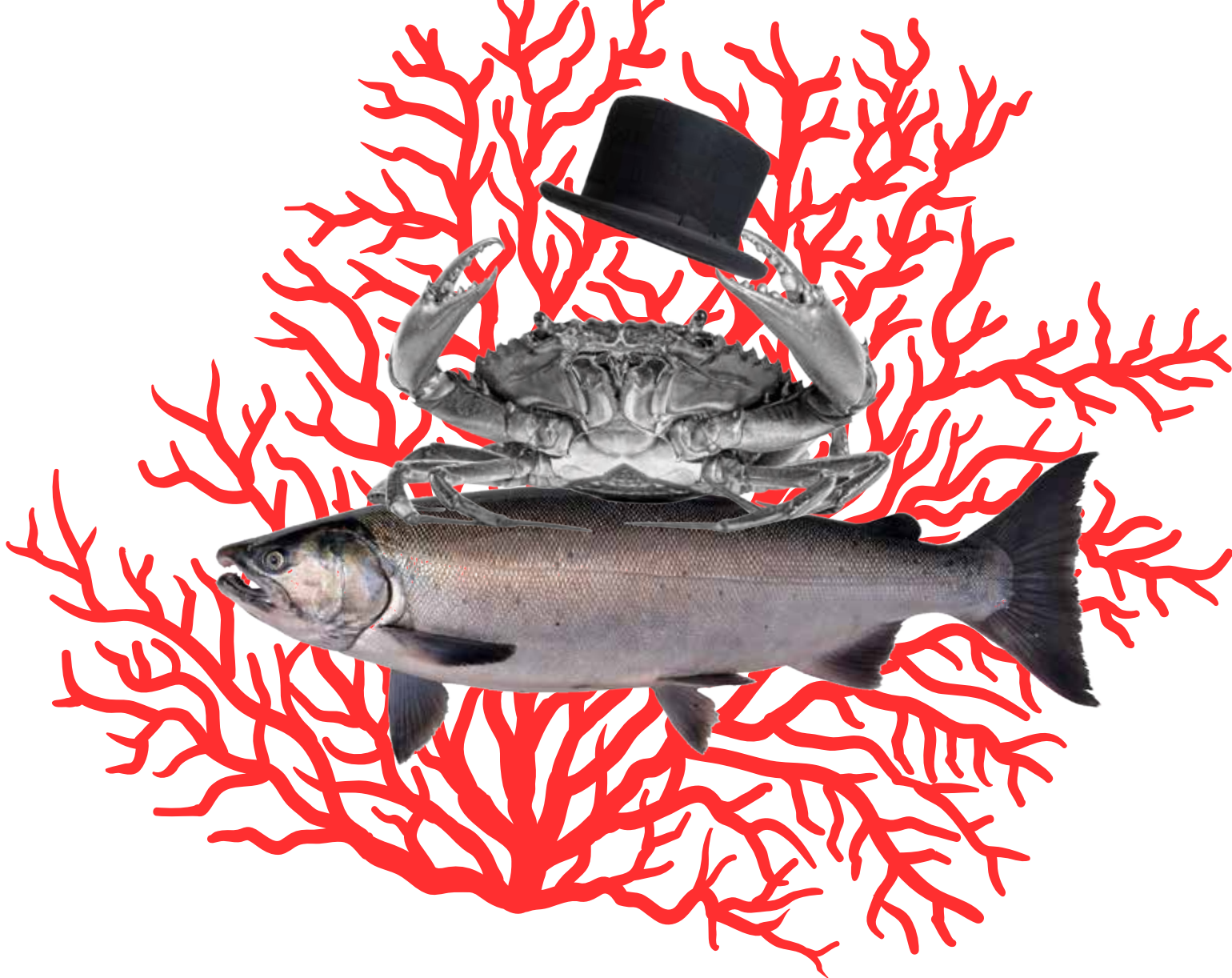
- + Molten cheese-stuffed burgers
- + Sticky glazed skewers
- + Campfire treats

Rubs & seasonings to up your grill game!

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Welcome to November!

Autumn. I love this season, even though we hardly experience it here in the UAE. I should admit, my adoration for fall is partly due to heaps of cooking and décor inspiration on social media, listening to friends speak fondly of hot seasonal lattes and watching people get creative with pumpkin. To make my home as cosy as possible, I like to refresh my space with minor updates. If you're looking to do the same, turn to the latest addition Top buys (page 9) for scented candles, coffee table books, gorgeous tableware and more.



This November, get your hands messy and gain a few tips on rubs and seasonings (pages 32). We're enjoying the great outdoors with long drives and safe, socially distanced barbecues, so it's time to fire up the grill and try our selection of Family BBQ recipes (page 33) and campfire treats (page 48). Celebrating Thanksgiving? Our last-minute turkey guide (page 46) will ensure you have the perfect roast for your dinner spread.

As always, you can find seasonal dishes, pastries, speedy meals and the latest in news and happenings around town.

Enjoy cooking!

Nicola Monteath
Editor

WHAT WE'RE LOVING!



Liz Smyth says: "This vibrant and effortless Feta and kale-loaded sweet potato (page 64) is an easy way to get your five-a-day."



"BBQ season is finally here! This juicy Can't-believe-it's-vegan burger (page 36) looks like a healthy, indulgent weekend treat," says graphic designer, Froilan.



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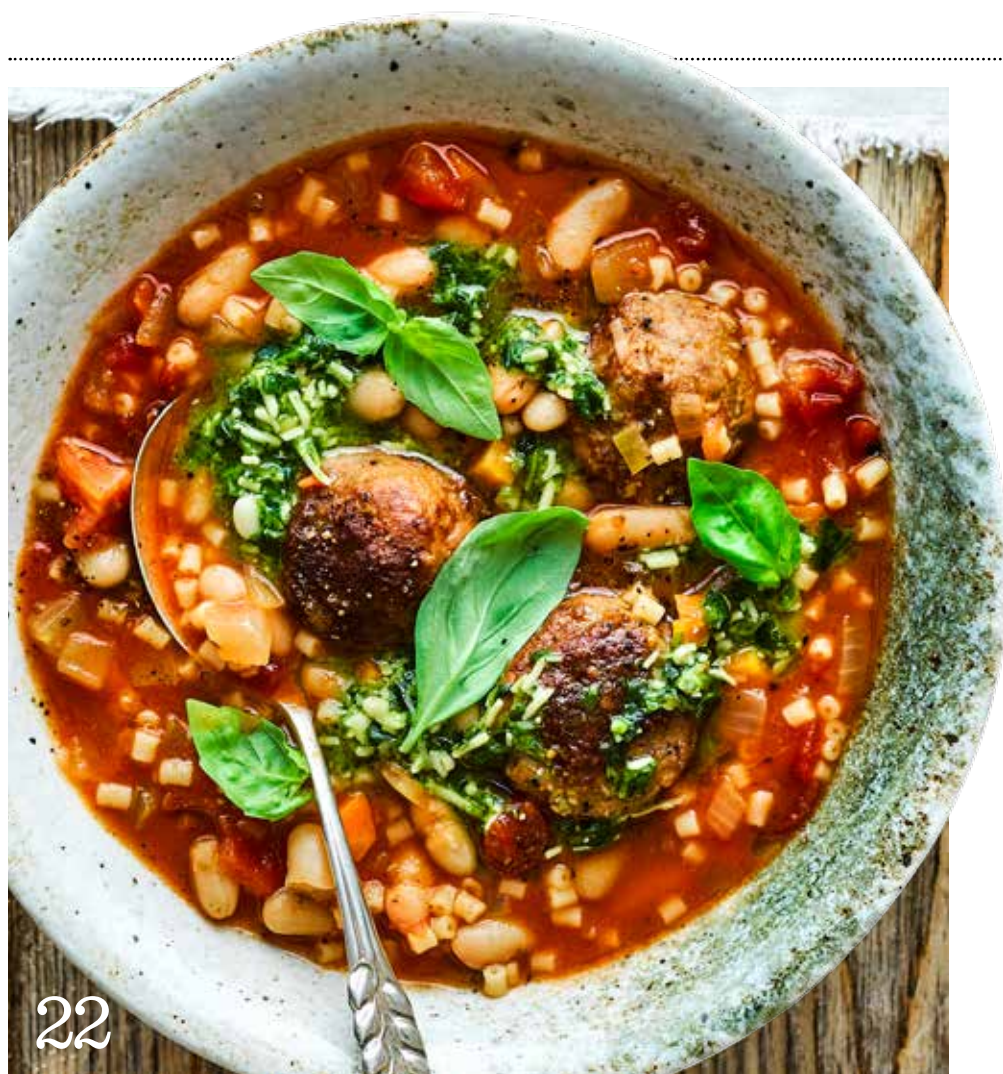
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* COMPETITIONS

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Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🚫 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



In these troubling and anxiety-inducing times, your Holiday at Home feature brought some much-needed holiday cheer into my home. The Nicoise salad transported me to the Cote d'Azur with the yachts bobbing on the Riviera; the Paella mixta to the bodegas of Barcelona; the Amalfi spaghetti to the jawdropping beauty of the Costa Esmeralda with its fragrant lemon groves; and the baked feta to the cerulean skies and whitewashed cottages of Santorini. My local

Portuguese deli, where I occasionally indulge in pastel de nata as a little escapist treat - they rarely last until I get home - has been my saving grace during the pandemic. Now I know how to create this delightful custard-filled tart at home, in giant form, which should hopefully last a little longer, although I wouldn't count on it. Thank you for helping me travel to sun-kissed shores without ever leaving my lounge. The recipes for Victoria sponge cakes were also a bonus. It's my favourite kind of cake and much-maligned as the most beige of bakes, but people underestimate how perfect that combination of light-as-air sponge, tart bite of fruity compote and mountains of whipped cream really is. With all this time on our hands and *Great British Bake Off* back on our screens, this is a great time to rediscover your oven.

Tahira Jacob



As usual, *BBC Good Food ME* has inspired me to make the most of my kitchen, with great recipes and foodie tips. Like many people, we're not travelling far at the moment, so the Greek-style roast fish was a great way to transport me temporarily to our favourite Greek island! It was a special occasion for us recently, so I made the Dark Chocolate with Walnut Pavlova - two of my favourite foods rolled into one.

Rebecca Rees



Although I devoured the issue with all its delectable recipes and drool-worthy pictures, I was really happy to read the information on Rangitikei chicken and Silver fern beef, and can't wait to buy the same for my family. Being a mom, who wants to forage the best possible ingredients to cook for her family, ensuring that they get a balanced diet which is nutritious and free from harmful

substances, this little nit-bit is priceless.

Smita Abraham

WIN!

LAKELAND GIFT VOUCHER WORTH AED1,000





Lakeland is the home of creative kitchenware and ideas for around the home. These nifty products make everyday life easier and more enjoyable, whether you're cooking, baking, cleaning, doing the laundry, entertaining, or searching for the perfect gift. The kitchen is the heart of the home, and at Lakeland, you can find everything to help you prepare, serve and store proper homemade food. Household chores are accomplished quickly and without a hassle, with the brand's range of items on hand, each designed to perform brilliantly. Find Lakeland stores at Mall of The Emirates, Dubai Mall, and Dubai Marina Mall

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of *BBC Good Food ME*!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



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NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



Autumnal vibes



What's fall without pumpkin spice? Nespresso's latest Pumpkin spice cake coffee capsules, for Vertuo machines, will sate all

cravings. The base blend features Latin American and African Arabicas; with Brazilian coffee offers roundness and balance, and Ethiopian coffee in the second split bringing in delicate aromatics. The Pumpkin spice cake flavour finally creates a sweet, velvety blend with a soft biscuit bouquet.

Available at ae.buynespresso.com

Gut goodness

Saba Kombucha has rebranded as Saba Plant-based, now offering all-natural 100% organic probiotic yoghurts. Handcrafted in Dubai, the range is free from dairy, refined sugar and preservatives, and is available in four flavours including mango, vanilla, chocolate, and natural. The creamy yoghurts are made from certified Sri Lankan coconuts that are slowly pasteurised and fermented to produce live, plant-powered probiotics.

Visit sabakombucha.ae



Feeling festive

We're keeping the mince pies on hold until the Holiday season, but in the meantime, indulging in shortbread (AED 59) and guilt-free vegan salted caramel truffles (AED 40) from this year's M&S festive nibbles range.

THE BEST BITES

ORDER IN

The latest in meal delivery services



Food Nation Go delivers nutritious restaurant-standard ready meals to your door. Created by award-winning UK Chef Magnus Mumby, the meals are non-processed, additive-free, naturally low in sugar and saturated fats, and made from quality-sourced ingredients. The menu even includes gluten-free, child-friendly and vegetarian options. Kickstart your day with burritos, the Five-a-day pot, or The Golden Ticket starring carrot, banana, orange, pineapple and mango with a kick of ginger and turmeric. For lunch, try the skinny shawarma box, the falafel and hummus wrap, or the vegetable tom yum soup, to name a few, and come dinnertime, tuck into lasagne, traditional cottage pie or lighter options including cauliflower katsu and noodle, or salmon tartare fishcakes. The kids 'Easy Eats' range features dishes with hidden veggies such as carrot and corn fritters, and pumpkin, black beans and feta enchiladas, amongst others.

The app is available on Google Play and App store.



The Oven Market (TOM), a Dubai-based app, connects customers with some of UAE's best at-home chefs. When you're interested in trying something different, open the app to search through a diverse network of local chefs and menus, and order their homemade meals with just the click of a button. Along with the promise of providing an inclusive gourmet-like experience, the reliable delivery service aims to have the meal at your doorstep in less than 60 minutes. Taking every

precaution necessary, the network of chefs and kitchens are vetted daily, certifying that all kitchen appliances, hygienic methods and food-handling meet the UAE municipality safety policies.

Visit theovenmarket.com.



Kibsons partners with Sainsbury's

Kibsons has formed an exclusive partnership with leading UK supermarket, Sainsbury's. Offering a taste of home to British expat residents, the range includes fruit and cooking sauces, canned items, soups, spreads, oils and vinegars, as well as healthy cereals and pantry essentials including rice, sugar, flour, pasta and rice.

Visit kibsons.com



Fire up the grill

We can finally enjoy the great outdoors! Take the stress out of barbecuing at a campsite or park, by shopping for ready-to-grill protein at Fresh Express Online. Marinated and ready to be chunked on the barbie, the range includes Australian rib-eye steak and beef flank, burger patties, chicken wings, marinated lemon-squeezed seabass and plenty of seafood options including butter prawns.

Visit freshexpressonline.com



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top buys

From tableware to cookbooks and kitchen appliances, here's our list of most wanted items to make dining and entertaining all the more fun



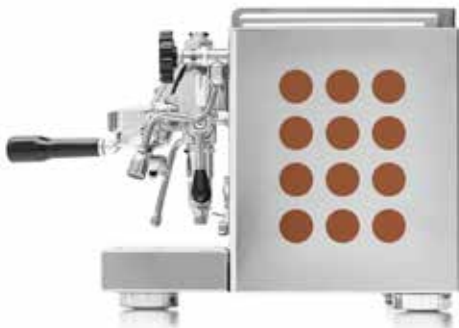
Appreciate artisanal craftsmanship with this stunning natural cane Adira serving trolley. A great piece to serve decadent cakes and a three-tiered stand with finger sandwiches and scones for afternoon tea. Available at Wood Culture.



It's time to bring out your finest tea set. We love the minimalist design on this Sol Y Sombra coffee cup with saucer butterfly (AED 367). Available at Galeries Lafayette.



This Majestic soup tureen by Silsal is sure to be a conversation-starter at your next dinner party. AED 546 at Bloomingdale's Home.



A 1.8-litre heat-exchange boiler and handy 2.25-litre reservoir in this Rocket Appartamento allows you to brew the perfect espresso. Available in copper and white panel insert options. AED 5,985 at RAW Coffee Company.



This stoneware salad bowl formed from a design of moulded cabbage leaves brings an elegant, quirky touch to your dinner table. AED120 at Marks & Spencer.

Want to step up your cake decorating game? These Russian nozzles will ensure you do so effortlessly. AED 29 at Simply Kitchen.

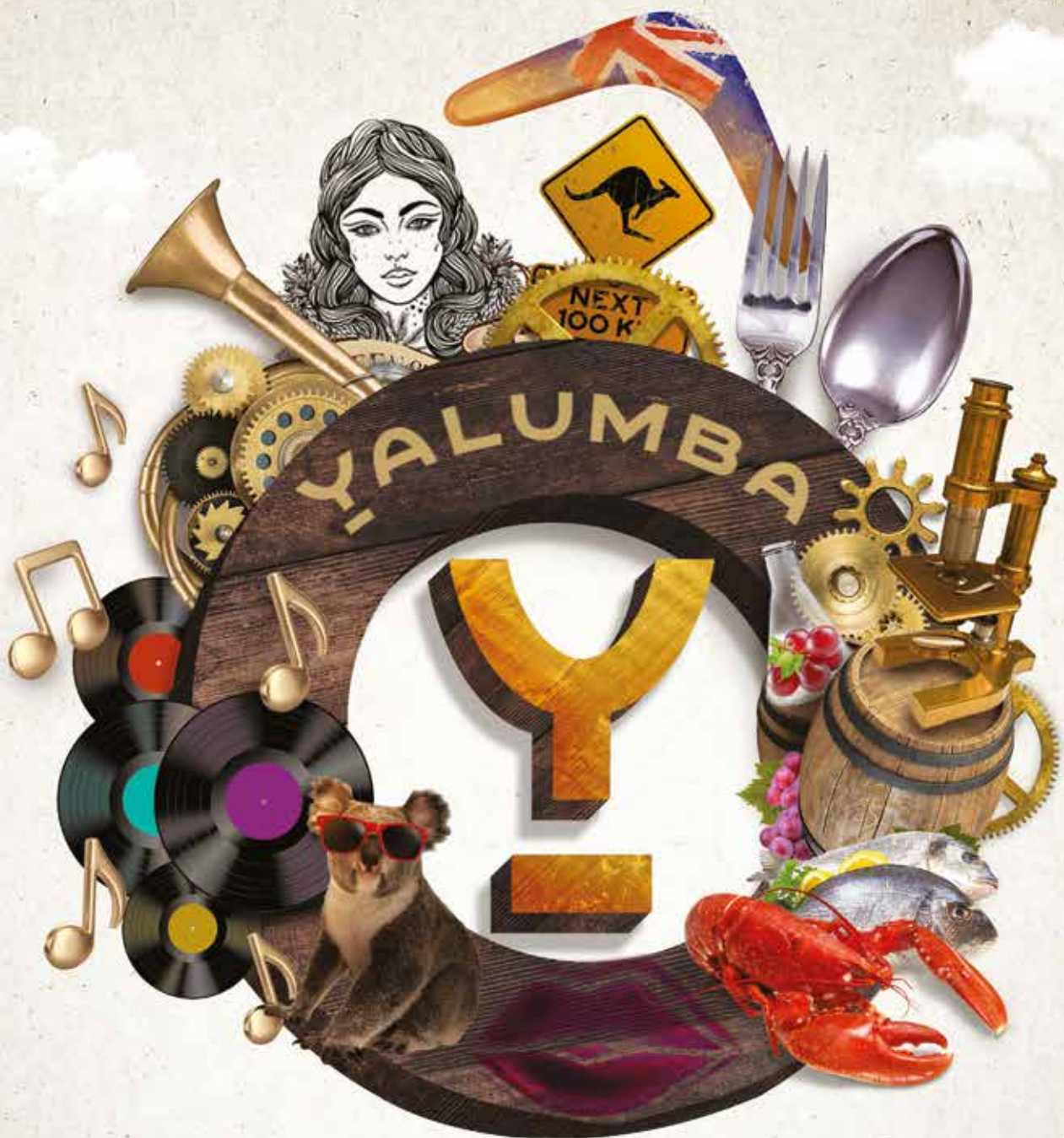


The joyous tashas Inspired is the second cookbook by restaurateur Natasha Sideris, founder of the popular tashas boutique cafés in South Africa and the UAE. More than just a

collection of recipes, this coffee table book is divided into seven different chapters; *Café Society*, *A Spanish Affair*, *Le Bistro*, *The Levant Kitchen*, *A New York State of Mind*, *A Day in the Country* and *The Mediterranean Kitchen*, each accompanied by a curated Spotify playlist. It's also filled with over 70 pieces of beautiful and original art, playing a significant role in the art of entertaining. Artists include Alexandra Ross, Michele Nigrini, Mona Saudi and Akim Monet. AED 360 at tashas outlets



Light this Mandarin, cinnamon and clove-scented candle for cosy fall-winter vibes. AED 70 at Marks & Spencer.



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Flavours of the month

What's hot and happening
around town this month

➤ Torno Sobito, W Dubai – The Palm

The highly anticipated Torno Sabato, which means 'I'll be back on Saturday', offers a taste of the Italian Riviera. The perfect spot for a relaxed afternoon, guests can choose between dining indoors or take advantage of the incredible weather in a colourful beach cabana outdoors. The sharing-style menu features an impressive selection of Italian classics including creamy burrata, focaccia sott'aceti and baccala'mantecato. Cheese lovers can indulge in the focaccia cacio & pepe and risotto al tartufo for an indulgent treat. End with gelati e sorbetti and a decadent banana split. *Saturday from 1-4pm. AED 249 (food) and AED 349 with selected house beverages. Contact +9714 245 5800.*

➤ The Pangolin by Sergio Lopez

The brainchild of renowned restaurateur Sergio Lopez and Australian cook Troy Payne, The Pangolin sprawls across two floors and includes a private dining room, a member's room, and a terrace. The menu, devised by Troy Payne - who believes in championing local farming - stems inspiration from family feasting and traditional cooking methods. Apart from the extensive range of cured meats and cheeses, the offerings include breakfast dishes such as hot smoked salmon with pull-apart bread soldiers, and crumpets with poached eggs and wilted greens. For a substantial meal, try the smoked beef rib, and Biltongaise and avocado mousse with pink peppered rucola. Soups, salads and sandwiches will be also available to order from lunchtime. *Contact +97154 4438 288.*

➤ Bolla DIFC



Located at the heart of the financial district is this bistro-style bar and restaurant that serves fresh, hearty meals in a casual environment. The menu features quick and healthy breakfasts, dishes with an international flair, cheese boards

and sumptuous bites, designed to complement their extensive beverage selection. The all-day evolving menu reflects the diversity of world grape regions and is the perfect spot for after-work catchups. Bolla DIFC is currently hosting a special promotion every day of the week, offering steak and frites, paella, oyster platters, roast and more. *Contact +9714 340 0046.*



Torno Sobito, W Dubai – The Palm



👉 **Amala, Jumeirah Zabeel Saray**

Sate all North Indian food cravings at the newly launched Swad ka Safar brunch. Amala pays homage to the Mughal rule of India, a gastronomic era with more than 30 dishes infused with 150 spices, packed with fresh organic ingredients, all sourced locally. Begin with an appetizer, followed by grilled tandoors and fragrant curries including the tawa kheema (minced meat) and Amala butter chicken. For desserts, expect classics with a contemporary twist such as gulab jamun served with lychee rabri. *Friday, 1-4pm. AED 190 per person (30% savings on beverages). Contact +9714 453 0444.*



👉 **Café Society**

Take the stress out of cooking the perfect turkey and order your roast from this brasserie-inspired neighborhood spot at Dubai Marina. All turkeys are sold with a complimentary dessert of choice, and diners can choose from three turkey sizes to make sure all their Thanksgiving needs are catered for. *From AED 250 (6 kgs) to AED 500 (10 kgs). Contact +9714 318 377.*

👉 **Avocadolicious**

The 'Best Kiosk of the Season' at Global Village 2019 has opened its' doors in Jumeirah, serving innovative avocado nibbles and meals. Tuck into the original Avo fries and blackened shrimp avo bites. For those craving a sweet treat, desserts include the refreshing Avo popsicle, sorbet cones and smoothies. *Contact +971 50 419 8333*



👉 **1484 by Puro**



Sited at the top of the Jais Adventure Peak is the UAE's highest restaurant, named for its height of 1,484 metres above sea level. 1484 by Puro offers guests magnificent views of peaks and valleys of the Hajar mountains

alongside a menu brimming with locally sourced ingredients. This restaurant is the latest venture by PURO, an independent dining concept with two existing restaurants at Al Marjan Island and at the Jais Viewing Deck Park. Diners can tuck into eggs benedict and traditional shakshouka for breakfast, wasabi shrimp, Korean fried chicken, fish and chips, braised beef ribs and more for lunch. The decadent sticky date pudding is a nod to the delights of the Arabian Gulf and sits alongside classics such as tiramisu and s'mores pancake topped with marshmallow cream and maple syrup. *Contact +9717 244 5018.*

SAID DAL 1923

This Citywalk eatery has launched a new winter menu that's perfect for this season. Start your morning with the Al fresco breakfast for two featuring a choice of eggs with the option of a mini skillet of Shakshouka, alongside croissants, fresh juice and coffee. If you're catching up with friends, try the Sharing antipasti platter comprising options such as deep-fried crunchy burrata, seafood, mozzarella and tomato bake, truffle potato bake and freshly baked bread. Must-try dishes also include the Cocoa braised beef showcasing slow-cooked wagyu glazed with SAID's own dark 70% chocolate, served with crispy hasselback potatoes in rosemary & garlic and sautéed vegetables. The meal isn't complete without their chocolate pizza, crepe fettucine or the delectable banana pudding with three types of cream. Contact +971 4 386 6644.



Brasserie Boulud

The highly anticipated Brasserie Boulud by Daniel Boulud, celebrity chef-owner of award-winning restaurants around the world, has finally opened its doors at Sofitel Dubai The Obelisk. Diners can expect contemporary classics rooted in tradition including foie gras with orange, dry apricot and fig brioche, sole "grenobloise" with parsley, capers, cauliflower and broccoli; truffled duck leg confit with green lentils and root vegetables, as well as dessert specialties such as French meringue with vanilla ice-cream from Tahiti and red fruits compote; saffron pear and pistachio tart and a selection of refined French cheese. Contact +9714 281 4020.



BLK Cab Coffee

Enjoy this beautiful weather while you can, at the magical BLK Garden at City Walk, complete with street lamps, benches, trees and grass. What's on the menu? Innovative dishes such as parmesan and ice-cream fries, Kraft and Chips Oman crepes, quesadillas, bubble waffles, churros, boba, iced Spanish latte, milky tea and plenty more. It's the perfect spot to meet with family and friends. Visit blkcabcoffee.com

Abu Dhabi

🔥 Punjab Grill

Overlooking the stunning Grand Canal at the Venetian Village in Ritz Carlton is this spectacular restaurant that offers an authentic culinary experience. Take a seat at the reopened outdoor terrace and indulge in new menu additions such as the palak patta chaat (crispy batter-fried spinach leaves, topped with tangy tamarind chutney and spicy mint chutney) for appetisers. A must-try for mains is the raw banana kofta made from steamed plantain in pungent gravy with whole spices and green coriander. Ingredients such as Colacasia (Taro) come to light in the arvi kofta with crushed roasted vermicelli draped in a golden leaf, served with peanut and tamarind gravy. Other dishes include the Kolkata coconut prawns and chaamp taajdar (an Indian interpretation of western Australian Lamb, marinated in spices and labneh, grilled in the tandoor). *Make a reservation via WhatsApp +97150 668 3054.*



🔥 Hakkasan Abu Dhabi

Celebrate their 10th anniversary with an exclusive four-course menu inspired by Hakkasan dishes worldwide. Signature specials include the braised superior seafood soup, a selection of small bites including the Hakkasan dim sum trio, crispy quail egg puff and crispy duck salad. The centerpiece of the menu is the main course selection comprising wok-seared channel bass, osmanthus wagyu beef complemented with stir-fry French bean and egg fried rice. The meal ends with a delectable black sesame dumpling with ginger yuzu. *From November 2nd to 14th. AED 488 for parties for parties of two and above. Contact +9712 690 7739.*



THE FINEST CUTS

Premium butcher opens Merchant Meats Tap & Grill restaurant at Jumeirah Golf Estates

Merchant Meats Tap & Grill at Jumeirah Golf Estates is sure to become your new staple hang-out spot. After nearly two decades of operating as a butcher, supplying Dubai's best hotels and airlines, we decided we know a thing or two about meat. So, we opened our very own restaurant, showcasing premium service and quality to match our extended loyalty to providing delicious selections of cold cuts, meats and sausages across the region.

If it can be grilled, we've got it, and with a selection of vegetarian options and desserts, there's no one unwelcomed at our doors. Open from breakfast until late, the spacious palm tree garden and grassed lawns out front make Merchant Meats a great escape from Dubai's bustling city life. It's the ideal location for a family meal, date night under the stars or a breakfast bite.

Choose from fresh off the barbie meats or try one of our seven hot dogs. Tuck into everything from a Californian, Hungarian and Mexican hot dogs to Philly Cheese Dog and the ultimate Special Cheese Knacker Dog (a cheese-



stuffed chicken hot dog with caramelised onions). Boerewors, Chorizo Pasta and of course, the meat lovers' Bangers and Mash, are some to try, amongst many other dishes. For something healthy, try our salads.

UP YOUR GRILL GAME

Merchant Meats retail products are now available exclusively on Noon, bringing your favourite indulgences right to

your doorstep. A special 25% discount is also available for Viya App users, applicable on all retail products purchased in-store. The range includes sausages, cold cuts, fish and other high-quality items imported from Australia, Canada and New Zealand. Quality spices from Germany are used throughout the products to provide the finest flavour and aroma. Your grill experience has never been more satisfying!

Located at Jumeirah Golf Estates at the Clubhouse's adjacent Tennis and Padel Tennis court facility. Opening Times: 8am-10pm. For more information, visit dubaijgolf.com/dine/merchant-meats-tap-grill/

Tried & *tasted*

Our top dining experiences this month



Where?

BISTROT BAGATELLE, FAIRMONT DUBAI

The decadent setting of Bistrot Bagatelle instantly transports you to an opulent, chic setting, with the entrance offering the illusion of a grand Parisian style home with a blue velvet backdrop that enhances the comforting feel of the foyer. Similar interior tones carry throughout, accentuated by bold artwork that establishes a classic French Mediterranean atmosphere with a welcoming modern twist. Although the dining room is quite open, the intimate booths and spaced out seating creates a feeling of privacy without inhibiting the ability to enjoy the contemporary, pulsating music that acts as the perfect accompaniment to the overall experience.

Epitomizing the *Joie de Vivre* lifestyle that the brand embodies, Bistrot Bagatelle has established its position as a popular late-night dining destination. Even on a weeknight, an influx of diners emerges throughout the course of the evening, helping to set the atmosphere we were hoping for.

The food highlights

The French Mediterranean concept is by no means lost in the a la carte menu design. Guided by our knowledgeable server, I chose the pizza a la truffe noire for starters, while my dining companion opted for the *salade de chevre*. The subtle aroma of the truffle married beautifully with the light base of the pizza and tangy notes of the cheese. The goat's cheese and beetroot salad, however, was the real triumph. Beautifully presented and equally impressive in flavour, the sweet taste of the remarkably fresh beetroot complemented the robust creamy

cheese, while the glazed walnuts added to the overall texture.

We decided to follow the guidance of our server for entrées, who pleasantly pointed out popular dishes such as the *Cotes d'Agneau grillees*. The perfectly cooked lamb chops were succulent with the distinct flavour of the meat heightened by the pea puree and lamb jus. Opting for the *poulet sauce chasseur*, my companion was equally impressed with the texture of her roasted baby chicken with celeriac puree.

Left fully satisfied after the two courses, we still couldn't leave without desserts. The banoffee pie and white chocolate cheesecake were, without doubt, delicious in taste. However, while it hit the spot, it didn't quite achieve the unique element which allowed the appetizers and mains to stand out.

Contact +9714 354 5035.



Where?

BEEF BISTRO, LE MERIDIEN DUBAI HOTEL & CONFERENCE CENTRE

An authentic French steakhouse nestled in the middle of the exclusive La Promenade at Le Meridien Dubai Hotel & Conference Centre. One of the most striking features here is the relaxed, warm atmosphere that is almost palpable when you first arrive. A welcome change in the weather has now made it possible to dine out on the terrace, where it's welcoming, homely and safely spaced out. Serenaded by the sounds of traditional French jazz, we felt like we were dining at a chic eatery in the heart of Paris.

The food highlights

The culinary offerings focus on fresh seasonal produce and quality prime cuts from the UK, New Zealand and Argentina, to name a few countries. For starters, I opted for the comforting traditional onion soup served with toasted bread and gruyère cheese. My partner's warm goat cheese



salad with bitter orange marmalade and mesclun was just faultless. Even though sometimes goat's cheese can be overpowering, on this occasion it was perfect.

For the main course, home comforts came calling (I'm Irish), and I opted for the Irish dry aged beef tenderloin cooked medium-rare. I was given a prime cut and the meat was cooked sublimely, accompanied by mix peppercorn sauce. Chargrilled vegetables and mashed potatoes served as the perfect sides. My partner chose the Beef Bistro burger with a



juicy Wagyu beef patty, duck liver, melted brie and garlic aioli in a soft brioche bun, served with crisp homemade fries.

For the final course of the evening, we went for profiteroles with vanilla cream and hot chocolate sauce and the chocolate fondant. They were both phenomenal, but I would've preferred if the profiteroles had come with ice-cream, so for that minor detail, I'll give my winning vote to the decadent chocolate fondant.

Contact +9714 702 2455.



Where?

MISSISSIPPI'S POOL BAR AND SOCIAL HUB, AVANI IBN BATTUTA DUBAI HOTEL

The newly opened rooftop pool bar and restaurant is the perfect escape from the daily grind of Dubai city life. The bright pastel décor is a welcoming surprise, immediately drawing you into the tropical oasis vibe that the venue exudes. Inspired by hidden gems from around the world, Mississippi's boasts a fun environment, with hand-crafted furniture creating a home away from home experience.

The expansive outdoor setting is carefully planned out, with a section to play host to a variety of social interactions. The custom-built pallet booths are ideal for a gathering, while the central pool and bar area encapsulates the idea of enjoying the moment and leaving your worries at the door. With an array of fun-filled day time events, the atmosphere is much more subdued in the evening, creating the perfect environment for a post-work dining experience, accompanied by relaxing beats provided by the in-house DJ.

The food highlights

Although Mississippi's is quickly asserting its position as a popular brunch and ladies day venue, their a la carte offerings are a hidden triumph that appears to be somewhat lost within the concept at the moment. With options from sushi to sliders, the eclectic mix of culinary offerings allows diners to form a shared dining experience if preferred.



Opting for the Asian inspired selection, we chose the flamingo shrimps, which were a classic take on the popular dynamite shrimp recipe. The tempura prawns were coated in a mild, flavoursome blend of sriracha mayonnaise, which packed a punch with every bite. For entrées, we went down the Thai route, with green curry and pad Thai noodles. Both dishes offered the possibility of selecting from chicken, beef or prawns to accentuate the authentic flavours. The curry radiated the fragrant aromas of kaffir lime leaves and coconut, intensified by the pungent spices as it hit our palates. While the noodles were a perfect combination of textures, from the crunchy peanuts to the succulent chicken, it was slightly overpowered by the fish sauce.

Selecting the cheesecake of the day, our tastebuds were treated to a luscious combination of the chocolate biscuit base with appropriately dense white chocolate and a soft cheese filling. This was complemented by sweet juicy berries and passionfruit, which added tart notes.

Visit mississippisdx.com for more information on their Tuesday specials for ladies, pool and night brunch.



Where?

**BULL & BEAR, WALDORF
ASTORIA DUBAI
INTERNATIONAL FINANCIAL
CENTRE**

Quick tip: if you haven't watched *The Wolf of Wall Street*, give it a watch before you head down to Dubai's newest brunch at DIFC. Bull & Bear is without a doubt the perfect setting for this themed brunch. The restaurant, inspired by the original Bull & Bear once located at the Waldorf Astoria New York, is known for its lavish parties and rich-and-famous clientele. While we can't time travel to 1990's NYC, Bull & Bear spared no expense to bring that experience to 2020 DXB. Edible goldfish (explained later), 100-dollar bills, oysters, caviar – that's not even half of it!

The food highlights

A gold statue of a charging bull welcomes you to the venue and you're served your choice of beverages before even taking a seat at your table. The large venue features an outdoor terrace and live music to get you into the mood for the long 1-5pm brunch.

A fair bit of theatrics makes the experience as memorable as possible. A cart with tiny edible goldfish rolled around the restaurant allowing diners to re-enact the part from the movie where Jonah Hill, well...ate a goldfish. While at certain times, staff shot out 100 "Waldorf Astoria" Dollars from mini handheld canons.

The first course is a pickled avocado, cilantro, pomegranate and gazpacho jelly mix, atop a kalamata rice cracker, with a zing to wake up your palate. What follows is nothing short of gastronomic opulence. This might sound a bit over the top, but trust me, it is 'over the top' as that's exactly what they are going for. Free-flowing oysters with bubbly jelly and caviar, wagyu beef tartare and yellowfin tuna ceviche follow.

Cold platters are truffle mushroom arancini, crab cakes and black Angus sliders. At around this time, we ignored the menu on the table reminding us that mains and dessert are yet to follow and requested an additional serving of the oysters and the truffle mushroom arancini (Hey! if we're going to be channelling our



inner Jordan Belfort, we might as well do it right.)

When the doors of one course close, another opens. The mains feature juicy tiger prawns, beef Rossini and grilled striploin. While it's tough to choose a food highlight, we would have to go with what we ordered the most of, the truffle mushroom arancini followed

closely by the oysters and tiger prawns in a Marie-rose sauce, wasabi crème and saffron aioli.

Lastly, the pastry chef needs to be commended for the dessert spread. Rolled up 100-dollar bills, tiny 'Wall Street' signs and little bags of gold made up the dessert platter.

There were a few more items on the menu, but we'll leave them out – let's just say you're going to have to go there to find out for yourselves. Prepare for an experience you'll never forget. It's probably not an intimate dining experience with your significant other, and best enjoyed in a group.

From AED 290-450 per person. Contact +9714 515 9888.

Cream of Europe

Rise to the top
with French Cream

In pastry and other branches of the culinary arts, there is no denying that cream is an essential ingredient. As a cooking element, it adds an incredible depth of flavor.

European dairy cream, especially French cream, enhances the flavor of all preparations.

It has an unparalleled melt in the mouth, and its softness on the palate is uniquely smoothing and comforting.

No matter the level of the cooking skills, anyone can incorporate French cream to a range of dishes, from savoury to sweet.



Authentically Emirati

By Chef Hind Al Mulla

Emirati Chef Hind Al Mulla incorporated French dairy cream by bringing new dimensions to typical UAE sweets. Her dessert is an entremet with cardamom and cinnamon whipped cream. The collection of elements came together with a surprising amount of texture.



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easy

Delicious, simple,
and easy-to-
make recipes



speedy dinners

■ easiest ever midweek
meals page 22



2 ways

■ mac 'n' cheese page 28

Smoky cod, broccoli & orzo bake

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

½ tbsp olive oil, plus a drizzle
1 onion, chopped
1 tsp smoked paprika, plus a pinch
½-1 tbsp chipotle paste
200g long-stem broccoli
400ml hot vegetable stock
150g orzo
½ small bunch dill, chopped
½ small bunch parsley, chopped
50g frozen peas
2 sustainable skinless cod fillets
4 tbsp fat-free yogurt

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a deep ovenproof frying pan, and fry the onion for 5 mins until tender. Add the paprika, chipotle paste, broccoli and stock. Stir in the orzo, and transfer to the oven for 10 mins.

2 Stir in half the herbs and the peas, and nestle the fish into the orzo. Sprinkle over a pinch of paprika and drizzle with oil, then season. Cook for 8-10 mins until the fish is cooked and the orzo is tender. Mix the remaining herbs with the yogurt. Loosen with a little water if needed, then serve with the orzo and fish.

GOOD TO KNOW healthy • low fat • calcium • folate • vit c • fibre • 2 of 5-a-day

PER SERVING 618 kcal • fat 6g • saturates 1g • carbs 78g • sugars 18g • fibre 11g • protein 57g • salt 1.3g



speedy dinners

easiest ever midweek meals

Try these speedy one-pot dishes, ideal for a busy week when you need dinner on the table in minutes – plus, there's less washing up

recipes ANNA GLOVER *photographs* MIKE ENGLISH

Sesame & spring onion stir-fried udon with crispy tofu

SERVES 4 **PREP** 5 mins plus draining
COOK 15 mins **EASY** **V**

400g block firm tofu
1 tbsp cornflour
½-1 tsp chilli flakes, to taste
¼-½ tsp Szechuan peppercorns, ground, to taste
1 tbsp vegetable oil
bunch of spring onions, trimmed and cut into lengths
200g green beans, trimmed and cut into lengths
400g ready-to-use thick udon noodles
½ tbsp sesame oil
2 tsp sesame seeds, plus a pinch to serve
1 tbsp low-salt soy sauce, plus extra to serve
1 tbsp rice vinegar

1 Drain and pat the tofu dry with kitchen paper. Cut into cubes, wrap in more kitchen paper, and place a heavy board over the top. Leave to drain for 15 mins.

2 Mix the cornflour, chilli flakes and ground peppercorns together in a bowl with a pinch of salt, then add the drained tofu. Toss well to coat.

3 Heat half the vegetable oil in a large non-stick frying pan over a high heat, and fry the tofu pieces for 5-6 mins until golden all over. Scoop out of the pan, and leave to drain on kitchen paper.

4 Add the remaining oil to the pan and stir-fry the spring onions and beans for 3-4 mins until tender and lightly golden. Pour a kettle of boiling water over the noodles in a sieve to loosen. Drain well, then tip into the pan. Fry for a few minutes until piping hot. Add the sesame oil and sesame seeds, and sizzle for a few seconds. Splash in the soy sauce, rice vinegar, then add the tofu. Toss well, then serve in bowls with a pinch of sesame seeds on top and more soy sauce on the side.

GOOD TO KNOW vegan • healthy • low cal •
1 of 5-a-day

PER SERVING 356 kcals • fat 13g • saturates 2g •
carbs 38g • sugars 4g • fibre 4g • protein 18g •
salt 0.7g



Meatball minestrone with pesto

SERVES 4 **PREP 5 mins**
COOK 20 mins **EASY**

1 tbsp olive oil
12 beef meatballs
1 carrot, chopped
1 celery stick, chopped
1 onion, chopped
1 garlic clove, crushed
½ tsp dried oregano
1 bay leaf
400g can chopped tomatoes
400g can cannellini beans, rinsed and drained

100g small pasta shapes or rice
800ml low-salt vegetable or chicken stock
dash of vinegar or pinch of sugar (optional)
4 tbsp pesto
½ small bunch of basil, leaves picked (optional)

1 Heat the oil in a large saucepan and fry the meatballs all over until browned. Remove and set aside on a plate. Add the carrot, celery and onion to the pan, and fry for 10 mins until soft. Stir in the garlic, oregano and bay. Tip in the tomatoes, beans, pasta and stock. Bring to a simmer.

2 Add the meatballs back to the pan and cook until the pasta is tender and the meatballs are cooked through. Season, and add a dash of vinegar or a pinch of sugar to balance the acidity of the tomatoes, if you like. Ladle into four bowls, then swirl a spoon of pesto into each. Top with the basil to serve.

GOOD TO KNOW healthy • low cal • fibre •
3 of 5-a-day

PER SERVING 450 kJals • fat 19g • saturates 5g •
carbs 38g • sugars 10g • fibre 8g • protein 28g •
salt 1.2g

Tamarind prawn curry

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY**

1 tbsp vegetable oil
 1 onion, chopped
 1 red chilli, finely chopped
 2 garlic cloves, crushed
 1 tbsp grated ginger
 1 tsp turmeric
 1 tsp cumin seeds
 1 tsp ground coriander
 400g can cherry tomatoes
 1-2 tbsp tamarind paste (see tip, below)
 250g raw king prawns
 250g cooked basmati rice
 handful of coriander leaves, to serve

1 Heat the oil in a frying pan over a medium heat and cook the onion for 5-8 mins until light golden. Stir in the chilli, garlic and ginger, and fry for another minute before adding the spices. Tip in the cherry tomatoes, swirl the can out with a splash of water and stir that into the pan as well.

2 Simmer for 5 mins until the tomatoes burst and the sauce thickens. Stir in the tamarind and prawns, and simmer for 2-3 mins until the prawns are cooked. Serve the curry on top of the rice, with the coriander scattered over.

GOOD TO KNOW healthy • low cal • low fat • vit c • 2 of 5-a-day • gluten free

PER SERVING 403 kcal • fat 9g • saturates 1g • carbs 56g • sugars 17g • fibre 5g • protein 21g • salt 1.4g

gf tip

Tamarind paste can vary in flavour between brands, some being more sour than others. Add 1 tbsp, then taste, adding more if you need to.





Charred sweetcorn, red pepper & bulgur wheat pilaf

SERVES 4 **PREP 5 mins**
COOK 35 mins **EASY** **V**

1 tbsp rapeseed oil
2 corn cobs
2 large red peppers, sliced
bunch of spring onions, sliced
2 tsp smoked paprika, plus extra to serve
2 garlic cloves, crushed
500ml vegetable stock
300g bulgur wheat
½ small bunch of coriander
Greek yogurt, to serve (optional)
lime wedges, to serve

1 Heat ½ tbsp oil in a casserole dish (that has a lid) over a high heat. Fry the corn cobs for 8-10 mins turning frequently, until golden and lightly charred. Stand on a chopping board and run the knife down the cobs to remove the kernels.

2 Tip the peppers into the pan with the remaining oil and fry for 10 mins until softened and golden, then stir in the spring onions, paprika and garlic. Fry for another 3-4 mins until fragrant, then stir most of the corn back into the pan, along with the stock. Bring to a simmer, then stir in the bulgur. Turn the heat to low. Cover with the lid and leave for 8-10 mins until the stock has been absorbed and the bulgur is tender.
3 Fluff the pilaf up with a fork, then scatter with the remaining corn and the coriander. Serve with a dollop of Greek yogurt dusted with a little paprika, if you like, and the lime wedges for squeezing over.

GOOD TO KNOW healthy • low cal • low fat • folate • vit c • fibre • 2 of 5-a-day
PER SERVING 417 kcal • fat 5g • saturates 1g • carbs 75g • sugars 8g • fibre 10g • protein 13g • salt 0.3g



tip
This pilaf is great on its own, or add grilled chicken, a crumbling of feta or blackened salmon, if you like.



Chicken bake with garlic croutons

SERVES 4 **PREP 10 mins**
COOK 20 mins **EASY**

4 skinless chicken breasts
2 tbsp olive oil
200g passata
250g cherry tomatoes
125g ball reduced-fat mozzarella, drained and sliced
3 thick slices of sourdough or bloomer, cut into 2cm cubes
2 garlic cloves, crushed
pinch of dried oregano
½ small bunch of basil, leaves picked
green salad, to serve

1 Heat the oven to 200C/180C fan/gas 6. Cut the chicken breasts in half, not going all the way through, and open them out like a book. Season well. Heat half the oil in an ovenproof frying pan or shallow casserole (or a frying pan, then transfer to a roasting tin) and fry the chicken for 3 mins on each side until lightly golden.

2 Spoon the passata over the chicken, then nestle the cherry tomatoes in and around the dish. Lay the mozzarella slices over the top. Tip the cubes of bread into a bowl and toss with the remaining oil, the garlic and oregano. Scatter over the chicken and tomatoes. Transfer to the oven and bake for 15 mins until the cheese has melted and the chicken is cooked through. Scatter over the basil and serve with a green salad.

GOOD TO KNOW balanced • low cal • folate • 1 of 5-a-day
PER SERVING 440 kcal • fat 14g • saturates 4g • carbs 33g • sugars 7g • fibre 3g • protein 44g • salt 1.3g

Bacon, courgette & caper one-pot pasta

SERVES 2 **PREP** 5 mins

COOK 20 mins **EASY** 

90g bacon lardons
 ½ tbsp olive oil
 1 medium courgette, coarsely
 grated
 1 garlic clove, crushed
 150g tagliatelle
 1 tbsp drained capers
 ½ lemon, zested and juiced
 20g pecorino, grated
 2 handfuls of rocket

1 Put the lardons in a pan and fry over a medium heat for 5 mins until crisp and golden. Remove from the pan and pour off any fat.

2 Heat the oil in the same pan and fry the courgette and garlic for 6-8 mins until lightly golden and most of the water has evaporated. Add the tagliatelle and pour in 400ml water. Stir until the pasta nests unravel, then cook uncovered for 7-9 mins, stirring frequently, until the pasta is al dente. Stir in the capers, lemon zest and juice, pecorino and lardons, adding a splash more water if it looks

a little dry. Stir for a few seconds until the cheese starts to melt. Fold in the rocket until just starting to wilt, then serve.

GOOD TO KNOW balanced • low cal • 1 of 5-a-day

PER SERVING 417 kcal • fat 17g • saturates 6g •
 carbs 43g • sugars 1g • fibre 5g • protein 22g • salt 1.8g



two ways

mac 'n' cheese

In our new series, two members of the *Good Food* team share their favourite version of a classic recipe, and tell us what makes it so special

recipes ESTHER CLARK *and* CASSIE BEST *photographs* NEIL WATSON



cassie best

In our house, we have a rule to include something green in every meal. Mac 'n' cheese is served either with a big dressed salad on the side, or with some greens mixed into the cheese sauce.

Personally, this is my favourite version – I love the different textures and bright green colour.

I use an all-in-one method for making white sauce these days – when you have two small, hungry children nipping at your ankles, any shortcuts to reduce hands-on cooking time are welcome!

I only ever buy mature or extra-mature cheddar, as you need to use much more of the milder varieties to get a good cheesy flavour in a white sauce.

For added crunch, I like to include nuts or seeds in the topping – this also adds some bonus nutrients.



An optional breadcrumb and nut topping adds plenty of crunch to this green mac 'n' cheese.

Beans add texture, but also make this mac really filling and satisfying.

Use a combination of cheddar and mozzarella for perfectly cheesy pasta.

Add a little English mustard to the cheese sauce for a kick of spice and pretty colour.



esther clark

*I have a deep love of spicy, smoky Mexican-inspired flavours. In fact, a couple of years back I wrote a book called *Mexicana!* (HarperCollins). I spent six months researching different chillies and spices, plus pressing tacos and frying quesadillas in my little London flat. There's nothing wrong with classic mac 'n' cheese, but this version is a nod to my love of all things Mexican.*

I always use English mustard in my cheese sauce – I like its slightly acidic tang, and the bright yellow colour enhances the cheese in the sauce.

Grated mozzarella is my secret ingredient: I add a handful to pretty much every gratin or pasta bake. Hot from the oven, the combination of mozzarella and mature cheddar gives you an oozy, cheese-tastic topping!

For the best white sauce, continue to cook it for at least 3-4 minutes after all the milk has been incorporated. This helps get rid of the raw flour taste. It's a trick I learned at cookery school.

Cassie's super green mac 'n' cheese

SERVES 6 PREP 15 mins
COOK 40 mins EASY V

1 litre semi-skimmed milk
75g butter
75g plain flour
2 tsp Dijon mustard
175g mature or extra mature cheddar, grated
50g parmesan or vegetarian alternative, grated
100g spinach, fresh or frozen
400g macaroni
1 broccoli (about 300g), broken into florets
100g frozen peas
For the topping (optional)
3 slices white bread (about 125g)
1 small bunch of basil leaves
1 tsp olive oil
25g mixed nuts or seeds, such as pumpkin seeds, pine nuts and almonds, for the topping

1 Boil the kettle. Tip the milk, butter and flour into a large saucepan and bring to a simmer, whisking continuously until you have a smooth, thick sauce, about 3-4 mins. Don't worry if there are a few lumps – the sauce will be blended later. Season well, then add the mustard, cheeses and spinach.
2 Meanwhile, pour the boiled water from the kettle into another large pan, return to the boil and cook the pasta for 5 mins. Add the broccoli and continue cooking until the pasta is cooked through and the broccoli is soft. Drain.
3 Transfer half the cooked broccoli to the cheese sauce using tongs, making sure that all the excess water has drained away. Whizz the cheese sauce until smooth, creamy and bright green using a hand blender, or stand mixer.

Loosen with a splash more milk, if needed. Add the pasta, remaining broccoli and the peas, then stir everything together. Tip into a large baking dish and heat the oven to 220C/200C fan/gas 7.
4 If making the topping, put the bread, basil, oil and half the nuts in a food processor and whizz to coarse, green crumbs. Scatter over the pasta along with the remaining nuts. Bake for 20-25 mins, until the topping is crunchy and the sauce is bubbling. *Will keep in an airtight container in the freezer for up to three months.*

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 709 kcals • fat 29g • saturates 17g
• carbs 78g • sugars 12g • fibre 7g • protein 31g • salt 1.5g

Esther's smoky bean & chorizo mac 'n' cheese

SERVES 6 PREP 25 mins
COOK 55 mins EASY

1 tbsp olive oil
200g chorizo, ½ chopped and ½ sliced into rounds
1 onion, finely sliced
1 garlic clove, crushed
2 tsp smoked paprika
1-2 tbsp chipotle chilli paste
1 tsp ground coriander
400g can chopped tomatoes
½ tbsp light brown soft sugar
400g can mixed beans, drained
400g macaroni
For the cheese sauce
50g butter
50g plain flour
2 tsp English mustard
1 litre semi-skimmed milk
grating of nutmeg
250g mature cheddar
100g grated mozzarella
For the guacamole
1 large ripe avocado, peeled and stoned
1 lime, zested and juiced
1 small red chilli, finely chopped
½ small bunch of coriander, finely chopped

1 Heat the oil in a large heavy-based frying pan or flameproof casserole dish set over a medium heat and fry the chorizo for 5 mins until crisp. Remove from the pan with a slotted spoon and set aside on a plate lined with kitchen paper. Add the onion and fry for 8-10 mins, or until sticky and golden. Add the garlic, paprika, chipotle paste and ground coriander, then tip in the tomatoes, sugar and beans. Stir everything together and simmer, uncovered, for 15 mins or until reduced. Stir the chorizo back into the pan and season to taste.
2 Meanwhile, make the cheese sauce. Melt the butter in a pan until foaming, then stir in the flour and cook for 2 mins. Stir in the mustard. Remove from the heat and gradually whisk in the milk, a little at a time. Return the pan to the heat and cook for 3-4 mins more, whisking continuously until thick and smooth. Grate over some nutmeg, stir in 200g of the cheddar and season to taste.

3 Heat the oven to 200C/180C fan/gas 6. Cook the pasta in a pan of boiling water for 2 mins less than the pack instructions. Drain and toss with the cheese sauce. Tip the cheesy pasta into a large baking dish, then drop the smoky bean mixture into it in spoonfuls. Top with the remaining cheddar and the mozzarella, then bake for 25 mins, or until golden and bubbling.
4 Meanwhile, make the guacamole. Put the avocado flesh in a bowl with the lime juice and zest, and roughly mash to a chunky texture. Stir through the chilli and half the coriander and season to taste. Serve the mac 'n' cheese with guacamole on the side, with the remaining coriander scattered over.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING 895 kcals • fat 48g • saturates 22g
• carbs 75g • sugars 16g • fibre 9g • protein 41g • salt 2.6g

WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend



COOK WITH CONFIDENCE

Rubs and seasonings, p32



LAST MINUTE GUIDE

Roast turkey, p46



5 WAYS

Campfire cooking, p48



**A PERFECT
FAMILY BBQ, p33**



COOK WITH CONFIDENCE

Rubs and seasonings

Spice mixes are a simple way to add loads of flavour to food, especially on the barbecue. Making your own is easy, tastes more vibrant and usually offers better value than a premixed option

WHAT IS A RUB?

Rubs are flavoured seasonings made from dried herbs, spices, sugar and salt. They might contain just a few ingredients, or be made from a complex cocktail of different elements, all harmoniously coming together to create a new taste. Rubs are used a lot on barbecued foods, but also work with roasted meats and pan-seared items.

HOW TO USE A RUB

There are two main ways:

- Apply a rub several hours or days before cooking. This way, it becomes more of a marinade, and really penetrates the food. This method will give you deep layers of flavour and tenderise cuts of meat, so it's great for large bits of meat and poultry. But, it doesn't work with delicate fish or veg. To apply the rub, gently massage or 'rub' it into the meat, as the name suggests.
- The other option is to season food with a rub by sprinkling it over just before cooking. This will add a milder surface layer of flavour, and is ideal for delicate foods, such as fish or barbecued veg.
- If you like, you can also sprinkle a rub over charcoal for aromatic smoke that will lightly flavour barbecued items.

MAKING YOUR OWN

Whether you call it a rub, seasoning or spice mix, there are infinite ways to mix dry ingredients for flavouring

food. But, when you're barbecuing, ensure that you base your rub on these four key flavour profiles, and this way you'll always have a well-balanced seasoning.

Sweet Use sugar as a base. The type and darkness will determine the depth of flavour it brings – dark brown sugar will be more treacly than lighter sugar. Sugar also helps with surface caramelisation, and builds a crust on food. It's not essential, but it's usually included in barbecue rubs.

Savoury To provide the most prominent flavour in a rub, think aromatic spices like cumin, fennel seeds, coriander, garlic powder, onion powder and mushroom powder, or dried herbs like oregano and rosemary. Don't worry about toasting the spices first, as they'll wake up when they're heated on the barbecue.

Spice Peppery heat can bring a rub alive, and when you make your own, you can be in control of how hot it is. Dried chillies, chilli powder and cayenne pepper are obvious choices, but different types of pepper, mustard powder, powdered ginger and wasabi powder will all add heat, too. Choose one that fits the flavours you're working with.

Salt This enhances all the other flavours, and if you're leaving the food to 'marinate', salt will transform the rub into a cure. But, if you're on a low-salt diet or simply cutting down your intake, salt-free rubs will still add flavour.



For homemade rub recipes, search 'spice mix' on bbcgoodfoodme.com



ENJOY
your
GARDEN



A perfect family BBQ

The smell and taste of smoky burgers, sizzling kebabs and charred corn can only mean one thing: it's winter! We're making the most of veg, meat and fish with mix-and-match recipes that cater for all, including veggies and vegans. So, throw open the doors and fire up the coals – or a griddle pan


recipes CASSIE BEST *and* ESTHER CLARK *photographs* STUART OVENDEN *and* WILL HEAP



STAY
SAFE
GET
COOKING
bbc
goodfood

Molten-cheese-stuffed burgers

Take burgers to the next level by stuffing them with a combo of cheddar and mozzarella for a gooey centre, and topping them with a dollop of herby burger sauce. Use the best quality mince you can get – it shouldn't have any more than 10 per cent fat content.

SERVES 4 **PREP** 45 mins plus chilling
COOK 35 mins **MORE EFFORT** 

1½ tbsp olive oil
1 onion, very finely chopped
70g smoked pancetta, finely chopped
1 garlic clove, crushed
4 thyme sprigs, leaves picked
500g lean beef mince (no more than 10% fat)
50g fresh breadcrumbs
1 egg yolk
60g mature cheddar, grated
60g grated mozzarella
For the herby burger sauce
120g mayonnaise
2½ tsp English mustard
½ small bunch of parsley, finely chopped
½ small bunch of basil
50g baby gherkins, finely chopped
To serve
4 seeded burger buns, split
2-3 Little Gem lettuces, leaves separated
2 ripe tomatoes, sliced
50g crispy fried onions

1 Heat the oil in a frying pan over a medium heat and fry the onion with a good pinch of salt for 15 mins until soft and translucent. Add the pancetta and cook for 5 mins more, then add the garlic and thyme, and cook for 2 mins. Remove from the heat and leave to cool for 15 mins.
2 Tip the mince into a large bowl. Massage with your hands for 5 mins to tenderise the meat, then add the

cooled onion mix, the breadcrumbs and egg yolk. Season well. Divide evenly into four, weighing for accuracy, if you like. Mix the cheddar and mozzarella together. Form the beef portions into patties, patting each into a 10cm round. Divide the cheese into four, and, in your hands, form each portion into a ball, then press into a roughly 4cm disc. Working one at a time, put the cheese into the centre of each patty, then bring the meat around the cheese to cover it. Pat with the palm of your hand to flatten slightly, then chill, covered, for at least 30 mins or up to 48 hrs.

3 Make the sauce by whizzing the mayonnaise, mustard and herbs together in a small food processor. Stir through the gherkins, then cover and chill until ready to use.
4 Light the barbecue. When the flames have died down, grill the burgers on each side for 4-5 mins until charred (if you don't have a barbecue, see tip, right). Wrap individually in foil and leave on the barbecue for 5-7 mins so that the cheese in the centre melts.

5 Grill the buns, cut-side down, for 1-2 mins until toasted. Spread all the cut sides with the sauce, then fill with the beef patties, lettuce, tomatoes and crispy onions.

GOOD TO KNOW calcium
PER SERVING 654 kcal • fat 49g • saturates 13g •
carbs 11g • sugars 4g • fibre 2g • protein 40g • salt 2.1g

gf tip

COOK BURGERS ON THE HOB

● *If you don't have a barbecue, heat a frying pan over a medium heat and wipe with a little oil. Cook the burgers for 4-5 mins on each side, or until golden. To melt the cheese centre, transfer to a baking sheet and bake for 10 mins at 220C/200C fan/gas 8.*

PERK UP YOUR KETCHUP

There's no need to buy dozens of sauces for your barbecue. Turn a bottle of ketchup into something special with the following suggestions.

Honeyed sriracha ketchup

This is sweet, spicy and totally addictive. Smear over your burger buns for a fiery chilli smack around the chops.

Mix **100g ketchup** with **1 tbsp sriracha**, **½ tbsp honey** and a **squeeze of lemon** or **lime juice**.

Zesty chipotle ketchup

This is the ideal partner to sweet potato chips.

Mix **100g ketchup** with **1 tbsp barbecue sauce**, **2 tsp chipotle paste**, the **zest and juice of ½ lime** and a **pinch of finely chopped coriander**.

French onion ketchup

The perfect hot dog sauce.

Combine **100g ketchup**, **2 tbsp caramelised onion chutney**, **½ tbsp Dijon mustard** and **½ tsp garlic powder**.

“

Take burgers to the next level by stuffing them with a gooey cheese combo

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This burger has bite
and bags of flavour, and
can be prepared ahead
then frozen

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Can't-believe-it's-vegan burger

We've thought long and hard about what makes the perfect vegan burger. The flavour, texture, smell and appearance are all important aspects. After many tests, we're confident that meat-eaters, veggies and vegans alike will love this recipe. This burger has bite and bags of flavour, and can be prepared ahead then frozen. For extra punch, track down some smoked tofu. Regular will work, but it won't taste as smokily intense.

MAKES 8 burgers **PREP** 30 mins plus chilling and optional freezing
COOK 40 mins **EASY** **V** 

1 onion, quartered
3 tbsp olive oil, plus extra for brushing
2 garlic cloves, crushed
200g chestnut mushrooms
250g smoked or regular tofu
2 (about 100g) cooked beetroots (not in vinegar)
400g can black beans, drained
1 tbsp tomato purée
2 tbsp vegan mayonnaise
1 tbsp miso paste
100g oat flour
2 tbsp ground flaxseed
50g pecans
200g pouch microwave brown rice, cooked

To serve

8 cheese slices, vegan if needed (optional)
8 burger buns, split (vegans should check the label)
tomato chilli jam (see recipe, right)
a few crunchy lettuce leaves
1 avocado, stoned, peeled and roughly mashed
½ lime, juiced

1 Put the onion in a food processor and pulse until it resembles rice. Heat 1 tbsp oil in a large frying pan, tip in the onion and fry for 10 mins until soft and just golden. Stir in the garlic and fry for 1 min more. Tip the mixture into a large bowl.
2 Put the mushrooms in the food processor and pulse until they also resemble rice. Heat the remaining oil in the pan, add the mushrooms and fry for 10-15 mins, until any

liquid released has evaporated and the mushrooms are tender. Tip into the bowl with the onions.

3 Put the tofu, beetroot, beans, tomato purée, mayonnaise, miso, flour and flaxseed in the food processor with a good amount of seasoning and blitz until smooth. Scrape into the bowl with the mushrooms and onions. Tip the pecans and half the rice into the food processor and pulse until finely chopped, or a little chunky, if you prefer. Tip into the bowl with the veg and tofu mixture, along with the rest of the rice.

4 Use your hands to shape the mixture into patties roughly the same size as your burger buns. The patties will be delicate, so chill for at least 30 mins before cooking so they don't fall apart. If you're barbecuing them, freeze for 30-45 mins first until firm.

5 Heat a frying pan over a medium heat or light the barbecue, and brush both sides of the patties with a little oil. Cook for 5-8 mins on each side, until charred and hot through to the centre, turning once after a crust has formed. Avoid moving or turning too often, as they will be more delicate than meat patties. Top with the cheese, if using, for the final minute or so (see tip, right). Toast the buns on the barbecue or in the pan, then spread each with a little chilli jam. Fill with a few lettuce leaves, the patties and some smashed avocado mixed with a squeeze of lime.


GOOD TO KNOW vegan • 1 of 5-a-day
PER SERVING 291 kcal • fat 17g • saturates 2g • carbs 21g • sugars 3g • fibre 6g • protein 12g • salt 0.5g



ADD SOME CHEESE

● These burgers are great topped with melty cheese – use vegan cheese slices or a non-vegan cheese of your choice. Put the cheese on the burgers, then close the lid on the barbecue for a minute or so, or put under the grill, until the cheese is beginning to melt.

Cheat's tomato chilli jam

SERVES 6 **PREP** 5 mins
COOK 30 mins **EASY** **V** 

Put a **400g can chopped tomatoes**, **1 finely chopped red chilli**, **1 grated thumb-sized piece of ginger**, **1 star anise**, **250g caster sugar**, **150ml red wine vinegar** and a pinch of salt in a pan. Bring to a simmer and cook for 30 mins until thick and glossy. Remove from the heat, leave to cool, and transfer to a sterilised jar. *Will keep for two weeks, or unopened for up to six months.*

GOOD TO KNOW vegan • low fat • gluten free
PER TBSP 22 kcal • fat none • saturates none • carbs 5g • sugars 5g • fibre none • protein none • salt 0.01g

Sticky glazed skewers

Mix and match these skewers with whichever glaze you like. Add extra veg if you want – aubergine and courgette work well. You can also use the glazes on chicken, salmon or steak.

THE GLAZES

1

Lime, soy & peanut

SERVES 4 **PREP** 3 mins
COOK 3 mins **EASY** **V**

2 tbsp light brown soft sugar
3 tbsp light soy sauce
2 tbsp smooth peanut butter
1 lime, zested and juiced

Whisk the sugar and soy sauce together in a pan. Bring to a simmer and cook for 2-3 mins. Remove from the heat and whisk in the peanut butter, 50ml water and the lime zest and juice.

PER SERVING 99 kcal • fat 4g • saturates 1g •
carbs 13g • sugars 12g • fibre 1g • protein 2g • salt 1.6g

2

Piri-piri

SERVES 4 **PREP** 2 mins
COOK 5 mins **EASY** **V**

100ml piri-piri sauce
3 tsp ground cumin
100ml maple syrup

Combine all the ingredients in a pan, bring to the simmer and cook for 5 mins, or until slightly thickened and syrupy.

GOOD TO KNOW vegan • gluten free
PER SERVING 88 kcal • fat 2g • saturates none •
carbs 17g • sugars 16g • fibre none • protein 1g •
salt 1.7g

3

Sticky honey & harissa

SERVES 4 **PREP** 5 mins
NO COOK **EASY** **V**

3-4 tbsp rose harissa paste
1 tbsp red wine vinegar
6 tbsp honey
2 tbsp olive oil

Whisk all the ingredients together in a small bowl until fully combined. Set aside until ready to use.

GOOD TO KNOW gluten free
PER SERVING 148 kcal • fat 6g • saturates 1g •
carbs 23g • sugars 22g • fibre none • protein none •
salt 0.2g

THE SKEWERS

1

Pork

SERVES 4 **PREP** 10 mins plus 2 hrs
marinating **COOK** 15-20 mins **EASY**

Slice **500g pork neck** into 4cm strips, then toss with $\frac{1}{2}$ **quantity of your chosen glaze**. Leave to marinate for 2 hrs, then thread onto three large skewers. Light the barbecue. Once the flames have died down, cook the skewers for 5 mins on each side (or, cook in a griddle pan set over a high heat). Brush with the rest of the glaze, then cook for a further 2-3 mins on each side, or until cooked through.

GOOD TO KNOW gluten free
PER SERVING (without glaze) 178 kcal • fat 7g •
saturates 2g • carbs none • sugars none • fibre none •
protein 29g • salt 0.2g

2

Squid & prawn

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY**

Peel **150g raw king prawns** and cut **250g cleaned squid** into 3cm pieces, then thread onto three skewers. Light the barbecue. Brush the skewers with $\frac{1}{2}$ **quantity of your chosen glaze**, then, when the flames have died down, cook for 2 mins on each side (or, cook in a griddle pan set over a high heat). Brush with the rest of the glaze and cook for another 1 min on each side until charred and sticky.

GOOD TO KNOW low fat • gluten free
PER SERVING (without glaze) 74 kcal • fat 1g •
saturates none • carbs none • sugars none • fibre none •
protein 16g • salt 0.0g

3

Halloumi

SERVES 4 **PREP** 10 mins
COOK 5 mins **EASY** **V**

Slice **500g halloumi** into large chunks and thread onto three skewers. Light the barbecue. Brush the skewers with $\frac{1}{2}$ **quantity of your chosen glaze** and, when the flames have died down, cook for 1-2 mins on each side (or, cook in a griddle pan set over a high heat). Brush with the remaining glaze and cook for another 1 min on each side.

GOOD TO KNOW calcium • gluten free
PER SERVING (without glaze) 390 kcal • fat 29g •
saturates 21g • carbs 2g • sugars 2g • fibre none •
protein 29g • salt 3.8g

BBQING FOR BEGINNERS

If you're using a charcoal barbecue, allow time for it to get hot. When the flames have died down and the coals are ashen, it's ready.

- Have a spray bottle of water to hand to dampen down any large flames that may rise when hot fat drips onto the coals.
- You'll naturally have hotter and cooler areas on a coal barbecue. Utilise this by charring food in the hottest areas (usually the centre) and finishing or keeping food warm in other spots (usually around the edges).
- Use two pairs of tongs for cooking if you can – one for raw meats and another for cooked food.
- If you're serving veggies or vegans, make sure you use one side of the barbecue for the meat and the other side for vegetables or plant-based foods. You can wrap a coil of foil down the centre of the barbecue before you heat it up to mark out the two areas. You should also use separate tongs.
- If you're worried about your meat or vegetables not being cooked all the way through, or if you are strapped for space, try charring the outside of the meat or veg on the barbecue and finishing it off in a medium oven.
- Never try to clean a charcoal barbecue while it's still hot. Wait until the next time you use it – let it get hot, then scrape off the charcoal that has cooked onto the grill.



Charred corn, chicken & tortilla salad with chipotle yogurt dressing

Try this vibrant salad with or without the chicken. If you're serving it as a side to kebabs or sausages, swap it out for some crumbled feta, if you have it. If it's a main, the chicken adds substance.

SERVES 4-6 **PREP** 25 mins plus at least a few hrs marinating
COOK 30 mins **EASY**

1 tbsp smoked paprika, plus ½ tsp
1 tsp dried oregano
1 tbsp chipotle paste, plus 1 tsp
½ tsp cinnamon
2 garlic cloves, crushed
2 limes, 1 zested and juiced,
1 cut into wedges to serve
3 tbsp olive oil, plus extra
for brushing and frying
6 boneless, skinless chicken thighs
150g natural yogurt
2 tsp honey
2 cobs on the cob, husks removed
if needed
2 Little Gem lettuces, halved
through the core, leaves pulled
apart and torn
400g can black beans, drained,
rinsed and drained again
200g cherry tomatoes, halved
2 avocados, stoned, peeled, halved
and cut into chunks

2 corn tortilla wraps
small bunch of coriander, leaves
picked and roughly chopped

1 Mix 1 tbsp paprika, the oregano, 1 tbsp chipotle, cinnamon, garlic, lime zest and 2 tbsp oil together in a bowl with some seasoning. Pour over the chicken thighs, turning to coat, then cover and chill for at least a few hours, or up to 24 hrs.
2 Light the barbecue and let the flames die down, or heat a griddle pan over a high heat. Mix the yogurt, lime juice, the remaining oil, ½ tsp paprika, 1 tsp chipotle and the honey with a pinch of salt. Set aside. Brush the corn cobs with a little oil, then cook it and the marinated chicken on the barbecue or in the griddle pan for about 10 mins, turning often until the chicken is cooked through (it should be charred and firm to the touch – check it's done by cutting into one of the thickest pieces) and the corn is bright yellow and juicy.

3 Transfer the chicken and corn to a board or plate and cover to keep warm. Arrange the lettuce, beans, tomatoes and avocado on a large platter or in a serving bowl, but wait to toss together until just before serving – this helps keep the lettuce leaves from wilting.

4 Cut the wraps into strips or small pieces. Heat a drizzle of oil in a frying pan and fry the strips until crisp and golden, then drain on kitchen paper. Sprinkle with salt.

5 Slice the cooked chicken into 1cm strips and cut the charred corn from the cob. Add to the salad, then drizzle over the dressing and any juice from the chicken and toss. Scatter over the coriander and crispy tortilla strips, and serve with the lime wedges on the side.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING (6) 392 kJ • fat 22g • saturates 5g
• carbs 23g • sugars 9g • fibre 10g • protein 20g • salt 1g

BUTTER UP YOUR CORN

Corn cobs are made for charring over hot flames. The only thing that betters the sweet, smoky kernels is butter. Try our flavoured options.

Chilli lime

Combine **100g softened salted butter**, **1 tsp cayenne pepper**, the **zest of 1 lime plus ½ the juice**, **1 tsp honey** and a **pinch of finely chopped coriander**.

Herby lemon

Combine **100g softened salted butter**, the **zest of 1 lemon plus ½ the juice** and a **handful of finely chopped mixed herbs** (like parsley, basil, coriander, chives, or whatever you have).

Sundried tomato

Combine **100g softened salted butter**, **1 finely chopped roasted red pepper**, **½ grated garlic clove**, **1 tbsp finely chopped sundried tomatoes** and a **pinch of finely chopped basil**.

Charred aubergines with white beans & salsa verde

Aubergines are one of the 'meatiest' vegetables out there, and they're particularly good on the barbecue, as they char and blister beautifully. With a few simple swaps, this recipe can also be vegan. If you're short on time, swap the salsa verde for a shop-brought fresh vegetarian (or vegan) pesto.

SERVES 4 PREP 20 mins
COOK 50 mins EASY V

2 tbsp olive oil, plus extra for rubbing and drizzling
1 onion, finely chopped
2 garlic cloves, crushed
½ tsp chilli flakes
2 x 400g cans cannellini beans, drained and rinsed
2 thyme sprigs
200ml vegetable stock
3 tbsp crème fraîche or vegan alternative, if needed
1 lemon, zested, plus wedges to serve
4 medium aubergines
50g flaked almonds, toasted
For the salsa verde
small bunch of parsley, roughly chopped
40g skinless hazelnuts
½ small garlic clove
1 tbsp capers, drained
1 tbsp red wine vinegar
7 tbsp olive oil

1 Heat the oil in a frying pan set over a low heat and fry the onion with a pinch of salt for 10 mins. Add the garlic and chilli flakes, and fry for 2 mins more. Tip in the beans,

thyme and stock, bring to a simmer and cook for 15 mins, or until the beans have broken down a little. Stir in the crème fraîche and lemon zest. Season to taste.

2 To make the salsa verde, put the parsley, hazelnuts, garlic, capers, vinegar and oil in a pestle and mortar and crush everything together – this will take about 5 mins. Alternatively, blitz in a food processor until combined but not smooth. Transfer to a bowl and season to taste.

3 Light the barbecue and wait for the flames to die down. Cut the aubergines in half lengthways and score the cut side in a diamond pattern using the tip of a knife. Rub with some oil, then put directly on the grill and cook for 7-10 mins on each side, or until charred and soft. Alternatively, cook under a grill (see tip, right). Top the cooked aubergines with the bean ragu and salsa verde, then scatter over the toasted almonds and serve with the lemon wedges on the side.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 688 kJ • fat 49g • saturates 11g • carbs 32g • sugars 12g • fibre 20g • protein 19g • salt 1.1g

gf tip

COOK UNDER THE GRILL

● If you don't have a barbecue, heat the grill to high. Put the aubergines, cut-side up, on a foil-lined tray, drizzle with a little oil, and grill for 15-20 mins, or until blackened and softened.



Shoot director BEN CURTIS | Food stylist KATE TURNER | Stylist AGATHÉ GITS



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SUSTAINABLY FARMED MEAT

Silver Fern Farms has numerous sustainable initiatives in place to reduce their impression on the environment. If you're looking to become an eco-conscious carnivore, discover the benefits of grass-fed and environmentally friendly red meats

Committed to operating sustainably, Silver Fern Farms has taken an industry-leading approach to reduce greenhouse and carbon emissions and create a positive change for the environment. The brand is New Zealand's first red meat processor and marketer to independently measure and verify their carbon footprint, and aims for 30% reduction on gas emissions from plant operations - in line with Paris Accord targets - by 2030.

Rigorous production practices have been implemented at the plant, in addition to sustainable initiatives, to address climate change. For instance, packaging is free from non-essential plastics such as carton liners and Silver Fern Farms constantly investigate alternative packaging materials to reduce their impact on the ecosystem. Since 2017, they have permanently

removed 80.8 tonnes of plastic from the supply chain each year. This was achievable by working with suppliers to measure and decrease plastic by changing to a thinner gauge and higher performing plastic films, and by relaunching the retail packs in recyclable cardboard cartons.

Since New Zealand experiences a temperate climate, the farming system utilizes an abundance of rainwater to grow grass. Less than 5% of available water in New Zealand is used for farming and all Silver Fern Farms processing sites have water-and energy-use and waste reduction targets. Over the last three years, the brand has reduced its energy use by 7.7%, fossil fuel use by 12% and water usage by 8.9%. As most of the land used for livestock is unsuitable for crops, grass-based farming has proven to be a highly sustainable method. Regenerative revolving grazing has shown to increase forage productivity while increasing water-holding capacity, as well as soil organic matter and fertility. The advantage of this farming system is that well-managed grazing can act as carbon sinks, off-setting methane emitted by livestock. This approach means that farmers match animals and farm systems to the capacity of the environment, assisting with the reduction in pollution.

Silver Fern Farms products are free from added growth hormones and antibiotics. The antioxidant-rich meat is naturally leaner with less saturated fat and fewer calories. As a result, it contains Vitamin E and high levels of omega 3 fatty acids and a healthier omega 3 to 6 ratio. The meat is also rich in iron and an excellent source of highly digestible protein, zinc, selenium, beta-carotene, taurine, carnitine, creatine, carnosine, vitamins A, D, B and B12.

The extensive range of quality beef and lamb cuts comprises lean, trimmed, boneless and expertly vacuum-packed to lock in flavour and retain freshness. Take your pick from steaks, medallions, loin fillets, rump and stir-fry options for lamb. You can also fire up the grill and cook tender beef eye fillet steaks, medallions or flat-iron steaks. The assortment also includes a juicy beef brisket with spice rub and ready stir-fry strips for quick, delicious meals.



last-minute guide Roast turkey

A simple method for cooking the perfect turkey

photograph EMMA BOYNS illustrations MIRIAM NICE

Choose a bird that's going to be the right size for you and your family – nobody wants to be eating turkey for days after the festivities (though a turkey and cranberry relish sandwich on soft white bloomer is lovely). I would recommend a free-range bird. Decide what sides you would like with your turkey – these extra bits can mean a few logistical tweaks, unless you're lucky enough to have two ovens.

SERVES 5-6 **PREP** 10 mins plus at least 1½ hrs resting **COOK** 3 hrs
EASY

4.5kg free-range turkey
25g sage
25g thyme
20g garlic cloves
2 medium onions, halved
olive oil, clarified butter or dripping, for roasting
10g sea salt
5g ground black pepper

1

Decide when you want to serve, then work backwards to find out when you need to put the turkey in the oven.

2

Add herbs, garlic and onion in the cavity to enhance the flavour of the meat.

3

Rub the turkey with a bit of oil, clarified butter or dripping, then season with salt and black pepper – grind it using a pestle and mortar to make it extra fine. Dust the bird all over, ensuring it is seasoned from every angle.

4

Put the turkey in a roasting tin and leave at room temperature for 1½-2 hours to allow the temperature of the meat to rise. One of the key rules with cooking poultry is not to cook it directly from chilled, as this can make the meat dry.

6

Once the bird has been in the oven long enough (see table below for timings), remove it from the oven and pierce the thickest part of the thigh with a skewer. The juices should run clear. If they do, bring the turkey out to rest for 30-45 minutes. If the juices still run pink, baste briefly and put it back in the oven for a further 30 minutes.

5

Heat the oven to 190C/170C fan/gas 5 and put the bird in the centre of the oven. Roast for 30 minutes to pick up a bit of colour. Remove from the oven, then turn the temperature down to 160C/140C fan/gas 2. Baste the bird, making sure to get those lovely juices all over. Put back in the oven. Repeat every 30 minutes as this will help to retain the moisture in the meat.

Turkey cooking times (from room temperature)

If it weighs...

Roast for...

- 4.5kg and above for a standard turkey (specialist breeds may vary, so cook according to pack instructions)

- 40 mins/kg plus resting

KEEP THE SKIN CRISP

If you want your skin to stay crisp, don't cover it when you rest the turkey – keep it somewhere warm and dry. If you have skin leftover, re-crisp it in a hot oven and eat it as a snack.

LOVE YOUR LEFTOVERS

Don't let any extra turkey go to waste. You'll find loads of ideas from ramen, samosas and pies to bakes and curries at bbcgoodfoodme.com/turkeyleftovers.

THE GRAVY

Remove the excess fat from the tin, then stir in 1 tbsp flour. Cook on the hob over a medium heat for 2 mins. Gradually stir in 800ml stock and juices from the resting turkey. Bring to the boil, then simmer for 15 mins.



5 WAYS

CAMPFIRE COOKING

Rustle up these family-friendly recipes to enjoy around the fire on your next outdoor adventure

Campfire smoky bean brekkie

SERVES 8-10 **PREP** 10 mins
COOK 30 mins **EASY**

Heat **4 tbsp olive oil** in a large frying pan, and sizzle **4 rosemary sprigs** for 1 min. Remove and discard. Brown **6 chipolatas** in the oil, then push to the side. Add **12 small cooking chorizo**, halved, and **6 chopped hot dogs**. Cook for 3-4 mins, then push everything to one side. Add **2 chopped onions** and fry for 8 mins more, or until

softened. Add **500ml passata**, **300g barbecue sauce**, **2 x 400g cans haricot beans**, drained, and **2 x 400g cans borlotti beans**, drained. Mix and bring to a simmer. Make eight to 10 gaps in the mixture using a spoon, then crack an **egg** into each. Cover with foil and cook for 10 mins, or until the eggs are cooked to your liking. Top with chopped rosemary, if you like, and serve with **buttered toast**.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 441 kcal • fat 27g • saturates 27g • carbs 8g • sugars 12g • fibre 5g • protein 23g • salt 2.3g

Buffalo hot dogs

SERVES 4-6 **PREP** 15 mins **COOK** 20 mins **EASY**

Mash together **50g blue cheese**, **50g soured cream** and **1 tbsp mayonnaise** until smooth. Stir through **1 finely chopped celery stick**. Cook **4-6 sausages** on a barbecue or in a frying pan following pack instructions. Split **4 brioche hot dog buns** down the middle, then top each with a hot dog, a drizzle of **buffalo hot sauce**, the blue cheese dressing and **2 tbsp shop-bought crispy onions**.

PER SERVING 473 kcal • fat 27g • saturates 11g • carbs 40g • sugars 8g • fibre 3g • protein 15g • salt 1.8g

Pesto pasta salad

SERVES 6 **PREP** 10 mins **COOK** 12 mins **EASY** **V**

Cook **400g mini pasta shapes** in a pan of boiling slightly salted water until al dente. Drain, tip into a bowl and cool. Add **200ml crème fraîche** and **4 tbsp pesto** or **vegetarian alternative**. Stir in **1/2 finely chopped cucumber**, **16 quartered cherry tomatoes**, **200g cooked peas** and a **handful of torn basil**.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 420 kcal • fat 19g • saturates 10g • carbs 49g • sugars 5g • fibre 6g • protein 11g • salt 0.3g

Cookie s'mores

SERVES 8 **PREP** 5 mins **COOK** 2 mins **EASY** **V**

Thread **8 marshmallows** (vegetarian, if needed) onto metal skewers, and cook over a campfire or barbecue for 1-2 mins until softened. Lay out **16 chocolate chip cookies**. Spread **8 tbsp chocolate hazelnut spread** over half the cookies, then top each with a toasted marshmallow. Sandwich with the remaining cookies.

PER SERVING 194 kcal • fat 8g • saturates 4g • carbs 27g • sugars 16g • fibre 0.2g • protein 2g • salt 0.3g

BBQ banoffee splits

SERVES 6 **PREP** 10 mins **COOK** 12 mins **EASY** **V**

Combine **40g softened butter**, **50g light brown soft sugar** and **1/2 tsp vanilla extract**. Split **6 small ripe bananas**, unpeeled, down the curved side, and spoon the butter mixture into the split. Wrap each in foil. Cook on the barbecue, directly on the ashen coals, for 15 mins, turning halfway. Scatter with **chopped pecans** and serve with **whipped cream** or **yogurt**.

GOOD TO KNOW 1 of 5-a-day • gluten free

PER SERVING 201 kcal • fat 11g • saturates 7g • carbs 24g • sugars 22g • fibre 1g • protein 1g • salt 0.1g



Find more campfire recipes at bbcgoodfoodme.com

family

quick dinners

Throw together these after-school meals with minimal effort,
or make them ahead before the kids get home

recipes CASSIE BEST *photographs and food styling* STUART OVENDEN



Roast chicken & spiced rice

Different types of rice will absorb liquid at different rates, so use the liquid quantities here as a guide, and top up with a little extra if needed.

SERVES 4 **PREP** 15 mins

COOK 50 mins **EASY**

1 chicken stock cube
4 tbsp mild or medium curry paste (we used korma)
2 tbsp butter or oil, plus extra for frying
350g basmati rice
1 cinnamon stick
6-8 bone-in, skin-on chicken thighs
1 onion, halved and sliced
20g toasted almonds
350g green beans
handful of coriander leaves
mango chutney, to serve

1 Heat the oven to 220C/200C fan/gas 6. Pour 800ml just-boiled water into a heatproof jug, crumble in the stock cube and stir through along with half the curry paste and the butter or oil. Pour the mixture into a large baking dish or roasting tin (ours was 25 x 35cm and 5cm deep), and tip in the rice and cinnamon stick. Season and stir well.

2 Cut a few deep slashes into each chicken thigh, then rub all over with the remaining curry paste and some seasoning. Arrange on top of the rice mixture, then cover the dish or tin with foil and bake for 30 mins.

3 Meanwhile, heat a drizzle of oil in a frying pan over a medium heat, and fry the onion for 10-15 mins, or until soft and caramelised.

4 Uncover the chicken and rice. The rice should still be wet, but if not, top up with 50-100ml more water. Scatter over the almonds and bake, uncovered, for 10-15 mins more until the chicken is browned, all the liquid has been absorbed and the rice is cooked through and crisp at the edges. Meanwhile, cook the green beans in boiling water for 2-3 mins, then drain. Scatter the coriander and fried onions over the chicken and rice, spoon a few dollops of chutney over the dish, and serve with the green beans.

GOOD TO KNOW fibre • iron • 1 of 5-a-day

PER SERVING 684 kJ • fat 29g • saturates 8g • carbs 71g • sugars 6g • fibre 7g • protein 31g • salt 1.6g



Cheesy sausage & bean pies

SERVES 4 **PREP** 25 mins
COOK 40 mins **EASY** ✱

400g can haricot beans, drained and rinsed
4 sausages, cooked, then sliced into rounds
150g passata
pinch of dried oregano
4 spring onions, chopped
pinch of sugar
320g ready-rolled puff pastry sheet
50g cheddar, grated

1 egg, beaten
salad, to serve

- 1** Heat the oven to 200C/180C fan/gas 6. Combine the beans, sausages, passata, oregano and spring onions with some seasoning and the sugar.
- 2** Unroll the pastry and cut into four rectangles. Spoon the bean and sausage mixture onto one side of each rectangle, leaving a 1cm border – so you can fold the pastry like a book. Sprinkle the cheddar over the bean and sausage mixture.
- 3** Brush some egg around the edges, then fold the pastry over to enclose

the filling. Seal the edges by pressing with a fork, then put on a baking sheet lined with baking parchment. Brush with more egg, and cut a small hole in the top of each pie for steam to escape. *Will keep chilled for up to 24 hrs.* Heat the oven to 180C/160C fan/gas 4.

4 Bake on the middle shelf for 40 mins until golden. Leave to cool for 5 mins, then serve with salad.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 570 kcals • fat 36g • saturates 16g •
carbs 38g • sugars 4g • fibre 8g • protein 20g •
salt 1.6g



Halloumi fajitas

SERVES 4 **PREP** 15 mins

COOK 25 mins **EASY** **V**

2 x 225g blocks light halloumi
2 tbsp olive oil
1 red onion, halved and sliced
2 mixed peppers, sliced
2 garlic cloves, crushed
2 tsp smoked paprika
1 tsp ground coriander
1 lime, juiced
8 small or 4 large tortilla wraps
(use corn or flour)
1 avocado, stoned, peeled
and sliced
small handful of coriander leaves
chilli sauce or soured cream,
to serve (optional)

1 Split each halloumi block through the middle lengthways (they should have a natural seam). Cut each half into four strips. Heat half the oil in a frying pan over a medium heat, and fry the halloumi strips for a few minutes on each side until golden. Transfer to a plate and set aside.

2 Heat the remaining oil in the pan over a high heat, and fry the onion and peppers for 5 mins until just soft and starting to char. Add the garlic, paprika and coriander with some seasoning and cook for 1 min more. Pour in the lime juice and fried halloumi, and stir very gently so the halloumi doesn't break up. *Will keep at room temperature for a few hours. Reheat over a low heat with a little water.*

3 Warm the wraps in a low oven wrapped in foil. Alternatively, warm two at a time for 10 seconds in the microwave (not wrapped in foil), or by holding them directly over a gas flame with a pair of tongs (this will give you flavourful charred edges).

4 Pile the halloumi filling into the warm wraps, with a few slices of avocado in each, some coriander leaves and spoonfuls of chilli sauce or soured cream, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c •
2 of 5-a-day

PER SERVING 692 kcs • fat 36g • saturates 18g •
carbs 51g • sugars 10g • fibre 7g • protein 38g •
salt 4.1g



Pesto salmon pasta bake

SERVES 4 **PREP** 10 mins

COOK 45 mins **EASY** ✨

150g cherry tomatoes, halved

2 salmon fillets (about 260g)

2 tbsp olive oil

350g penne

1 small broccoli (about 300g),
cut into small florets

150g pesto

250g mascarpone

50g breadcrumbs

20g grated parmesan

1 Heat the grill to high. Arrange the tomatoes and salmon over a baking tray, season and drizzle with half the oil. Grill for 10 mins until the salmon is cooked through and the tomatoes are juicy. Leave to cool.

2 Cook the penne following pack instructions, until al dente. Add the broccoli for the final 2 mins of cooking time. Drain the pasta, reserving a large mugful of water.

3 Return the pasta and broccoli to the pan, then stir in the pesto, mascarpone, half the tomatoes and enough of the reserved pasta water to thin the sauce to the consistency of double cream. Flake in the salmon, discarding the skin. Tip into a large baking dish, then mix the breadcrumbs with the parmesan and remaining oil, and scatter this over the mixture. Dot the rest of the tomatoes on top. If baking straightaway, heat the oven to 200C/180C fan/gas 6. Or, cover and chill until you're ready to cook.
Will keep chilled for up to a day.

4 Bake for 20 mins (or 25 mins from chilled) until the top is golden and crunchy.


GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day


PER SERVING 1,029 kcals • fat 62g • saturates 25g • carbs 80g • sugars 8g • fibre 8g • protein 35g • salt 1.2g



Meatballs with creamy mushrooms & mash

SERVES 4 **PREP** 25 mins

COOK 30 mins **EASY** 

 meatballs only

600g floury potatoes, such as

Maris Piper or King Edwards

50g butter

50ml milk

500g pork or turkey mince (10% fat)

20g grated parmesan

1 apple, peeled, cored and grated

2 tbsp olive oil

1 onion, chopped

2 garlic cloves

300g mushrooms, sliced

small bunch of thyme, leaves picked

200g half-fat crème fraîche

300g peas or green beans

1 Cook the potatoes in a large pan of boiling water for 15 mins until tender. Drain, return to the pan, add the butter and milk, then season and mash until smooth. Keep warm until you're ready to serve.

2 Meanwhile, combine the mince, parmesan, grated apple and some seasoning. Shape the mixture into meatballs the size of ping pong balls. Heat half the oil in a wide pan over a medium heat. Fry the meatballs for a few minutes, stirring, until golden all over. Transfer to a plate.

3 Heat the remaining oil in the pan, and fry the onion for 8-10 mins until soft and translucent. Add the garlic, mushrooms and thyme, then season and fry for 10 mins more until the mushrooms are soft and most of the liquid has evaporated. Stir in the crème fraîche.

4 Cook the peas or green beans in a pan of boiling water for a few minutes until tender. Drain and leave to steam-dry. Stir the meatballs through the sauce for 1-2 mins until hot and cooked through, then season. If you want to make the meatballs ahead and freeze them, leave to cool first. *Will keep chilled for up to a day. Reheat thoroughly.* Serve alongside the mash and veg.

GOOD TO KNOW fibre •
2 of 5-a-day • gluten free
PER SERVING 676 kJ •
fat 39g • saturates 18g •
carbs 39g • sugars 8g •
fibre 9g • protein 38g
• salt 0.6g





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health

Delicious recipes and top nutrition tips



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rosie's seasonal stars

Broad beans

Rosie Birkett shows us how to use these robust beans

Once spent an entire day podding broad beans during one of my stints in a restaurant kitchen where I had gone to observe and learn. Even though the task was monotonous and repetitive, there was satisfaction to be taken in the job, which was clearly going to lead to all sorts of glorious things on the restaurant's menu. I remember a tangible sense of collective excitement among the brigade at the sight of crates of the bulbous green pods (and perhaps also a collective sigh of relief that I was there to pod them all). But, it wasn't until one of the chefs took me aside and showed me a trick for podding the beans more efficiently that I really got into my stride with it. The trick is to feel for where the bean is in the pod and pinch either side of it, in the space between, then twist the bean out. It then pops out easily from the foamy confines of the pod – it's a game-changing tip.

If you're lucky enough to be able to grow your own broad beans at home, you have the luxury of harvesting them while they're still small and tender, and at their very best. This is when I love them most. The bigger, more mature beans still have good flavour, but are starchier and really should be peeled – another laborious but totally worthwhile job. If you're faced with more broad beans than you can use quickly, it's worth freezing them to preserve their freshness. To do so, just pod them, blanch them for a couple of minutes in boiling water, then portion into freezerproof food bags to be whipped out any time of year, and bring to a number of dishes. Shop-bought frozen broad beans are the next best thing – it's worth picking up a bag at the moment, if you can.

The Italians take a wonderful approach to broad beans, celebrating them when they're young and juicy by eating them raw with nothing but a wedge of pecorino and some extra virgin olive oil to adorn them. I just adore the simplicity and purity of this ritual, and it inspired me to create one of these recipes. It's based on vignarola, a Roman dish that celebrates the coming together of late spring and early summer ingredients, when they all start to appear at the market at the same time. Artichokes, peas and broad beans are cooked together in plenty of olive oil and a little wine, creating something that's more than just the sum of its parts, while also allowing every element to shine. I've added in some Jersey Royals and orzo too, because they feel like natural additions and bring some bulk, fleshing it out into a simple supper or lunch. The floral spice of pink peppercorns works particularly well as a seasoning, especially if you can get hold of some creamy ricotta to spoon on top. The creamed peas with chorizo is a comforting, indulgent dish that works well as a side for grilled or roasted fish, or even as a sauce for pasta – it would be divine tossed with some orecchiette or conchiglione, or you could beef it up nicely with some added chickpeas or cubed and fried potatoes. If you can get hold of some wild garlic leaves, wilt some in there with the cream – that would really take the dish to the next level. The bean dip for the asparagus crostini, opposite, is best made with the older, bigger broad beans, as there will be less peeling for you to do, and it's a good way to use up the starchier specimens that might otherwise be overlooked. If you can't find feta, it's still lovely just with olive oil.



Good Food contributing editor Rosie Birkett is a food writer and stylist, and a regular on BBC One's *Saturday Kitchen*. Her latest book, *The Joyful Home Cook*, is out now (HarperCollins).

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Herbed broad bean & feta crostini with asparagus

CALCIUM

1 OF
5-A-DAY

FOLATE

FIBRE

SERVES 2 as a starter PREP 10 mins

COOK 5 mins EASY V

Bring a large pot of salted water to the boil and cook **160g broad beans** for 5-6 mins until tender. Immediately plunge into a bowl of ice-cold water. Squeeze the broad beans from their pods and transfer to the bowl of a food processor with **4 tbsp extra virgin olive oil**, **50g crumbled feta**, **1 tsp honey**, a **squeeze of lemon juice** and a **large handful of dill fronds**. Season with black pepper and blitz to a smooth purée. Meanwhile, brush **4 baguette slices** with some olive oil and toast or griddle until golden. Rub with the cut side of a **halved garlic clove**. Finely chop **4 blanched asparagus spears** and toss in a little olive oil with a squeeze of lemon juice. Spread the purée over the crostini and top with the sliced asparagus and some extra dill. *Leftover purée will keep in the fridge for up to two days.*

GOOD TO KNOW calcium • folate • fibre • 1 of 5-a-day
PER SERVING 604 kcals • fat 35g • saturates 8g •
 carbs 51g • sugars 7g • fibre 9g • protein 17g • salt 1.5g





Spring vegetable orzo with broad beans, peas, artichokes & ricotta

This recipe is based on the Roman dish vignarola, a spring vegetable stew. It can be served soupy or as a thicker braise, so add as much water as needed to reach your preferred consistency.



SERVES 4 **PREP** 25 mins
COOK 30 mins **MORE EFFORT** **V**

150g orzo
1 lemon, zested
4 tema, mammole or violet

artichokes, or use jarred
5 tbsp extra virgin olive oil
150g new potatoes, such as Jersey Royals, cut into bite-sized pieces
5 spring onions or 4 baby leeks, thinly sliced
1 garlic clove, crushed
1 mint sprig, plus 1 tbsp finely chopped mint
140ml white or rosé non-alcoholic wine
300g broad beans (podded weight)
200g fresh or frozen peas (podded weight, if fresh)
100g ricotta
1 tsp pink peppercorns, crushed
pecorino or vegetarian alternative, for grating

1 Bring a large pot of salted water to the boil and cook the orzo following pack instructions until al dente. Drain, then immediately plunge into cold water to halt the cooking.
2 Halve the lemon, then cut the tips from the artichokes with a serrated knife and strip away the tough outer leaves. Pare away any tough bits from the bases, and trim the stalks to about 5cm, peeling away the outer skins to reveal the white cores. Quarter the artichokes, scooping out the hairy chokes, then halve each quarter. Transfer to a bowl and squeeze over the juice from half the lemon, tossing to coat.
3 Heat the oil in a heavy-bottomed frying pan over a medium heat and fry the potatoes, spring onions, garlic and artichokes, stirring for 5-6 mins until the potatoes are starting to brown. Add the mint sprig, wine and 500ml water, then season, cover and simmer for 12-15 mins until the potatoes and artichokes are tender. Add the broad beans and peas, and cook for 2 mins more until tender but still retaining their bright colour. Remove the pan from the heat. Drain the orzo and stir into the pan with the chopped mint and most of the lemon zest, then leave to stand for a couple of minutes so the orzo can absorb the flavours. Taste for seasoning and adjust the salt, and squeeze over the remaining lemon half, if you think it needs it.

4 Dish into warmed bowls and top with spoonfuls of the ricotta. Scatter over the crushed pink peppercorns and the remaining lemon zest, then grate over some pecorino to serve.


GOOD TO KNOW healthy • folate • fibre • vit c • iron
• 2 of 5-a-day
PER SERVING 537 kcal • fat 18g • saturates 4g •
carbs 56g • sugars 7g • fibre 18g • protein 22g •
salt 0.5g

Peas & broad beans in cream with fennel seeds & chorizo

FIBRE

VIT C

1 OF
5-A-DAY

SERVES 2-3 as a side **PREP** 5 mins
COOK 10 mins **EASY** 

Cook **150g podded broad beans** (ideally young ones) in boiling salted water for 3-4 mins, then remove with a slotted spoon and plunge into a bowl of cold water. Cook **150g fresh or frozen peas** in the pan for 2-3 mins until tender, then drain. Plunge into the bowl with the beans, then drain both. Heat some **olive oil** in a frying pan

and fry **100g chopped chorizo** or **sliced pancetta**, **1 tsp fennel seeds**, **1 crushed garlic clove** and **2 sliced spring onions** for 5 mins until the fat has rendered from the chorizo and it's started to crisp. Add a **splash of dry white non-alcoholic wine** and stir until evaporated. Tip in **140ml double cream**, season and bring to the boil. Once bubbling, turn off the heat, stir in a **squeeze of lemon juice** and leave to infuse for a couple of minutes. Add the peas and beans and warm through. Top with **chopped parsley** or **mint** to serve.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day





BUTTER OF EUROPE

FRENCH BUTTER, THE SECRET
TO MAKE THE DIFFERENCE



FRENCH BUTTER: THE YELLOW GOLD

Real dairy butter is recognizable thanks to its amazing yellow colour.

Its gold colour comes from what the cows are eating: when grazing, cows store the organic pigment called beta carotene (the yellow/orange pigment that gives vegetables and fruits their rich colours), which is found naturally in grass and plants.

The colour gets carried through into the cows' milk, which explains the yellow color of French dairy butter!

Naturally, the colour of French butter changes from season to season; in spring and summer there are more flowers, which changes the colour of the butter.

But more than a colour, French dairy butter is an incredible flavour enhancer that will reveal the taste of all your dishes.

The best meat-free sources of protein

If you're cutting out meat and fish, you might think your protein options are limited, but there are lots of ways to pack in the nutrients

Protein is a key part of a healthy diet. It used to be the obsession of body-builders and gym fanatics alone, but now, lots of us are keen to ensure we are eating enough. It can be tricky to get your daily quota as a vegetarian if you're not sure what your best veggie sources of plant protein are. Discover our favourite protein-rich ingredients bursting with fresh flavours that are key to a healthy diet.

WHY DO WE NEED PROTEIN?

Forget the protein shakes, powders and supplements; it's time to get back to basics. Protein is made up of smaller units called amino acids, and is essential for repairing damaged cells and building new ones. It's needed for the building of tissues, muscles and bones, so it's important to make sure your body has what it needs.

HOW MUCH PROTEIN DO WE NEED EACH DAY?

In the UK, adults are advised to eat 0.75g of protein for each kilogram they weigh, based on the Reference Nutrient Intake (RNI). This will vary over your lifetime and depends on your individual circumstance. For example, a more active person, such as an athlete in training, will require more protein than someone living a sedentary lifestyle. On average, guidelines suggest men should aim to eat around 55g of protein a day, and women should aim for around 45g daily.



MEET YOUR PROTEIN NEEDS

GRAINS AND PULSES

Lentils, pulses and beans, such as chickpeas, black beans and baked beans are an easy way to up your protein intake. Grains, such as oats, barley and quinoa are good, too.

EGGS

Eggs are a rich source of nutrients and low in calories. One hard-boiled egg contains 6-7g protein and makes a nutritious, filling breakfast or lunch.

DAIRY PRODUCTS

Dairy is packed with protein: 100g cheddar contains around 25g. Go for reduced-fat options if you are concerned about saturated fat and calories. A 125ml glass of semi-

skimmed milk supplies 4g protein. Vegan alternatives include nut and soya milk, but check the label – some commercial nut milks contain very little protein, so you may prefer to make your own.

SOYA AND TOFU

Tofu comes in silken, firm or extra-firm varieties, and 100g firm tofu contains 8g protein. Soya beans can be eaten alone or turned into soy milk, miso or tempeh, and contain around 10g protein per 100g.

NUTS AND SEEDS

Almonds, cashews, chia seeds and flaxseeds are particularly protein-rich. A 30g portion of almonds contains about 6g protein and will see off an afternoon slump.



For more veggie inspiration on packing in the protein, visit bbcgoodfoodme.com



Protein bars are okay as an occasional snack, but you should aim to reach your protein requirements with whole, natural foods. Bars can be high in sugar, carbohydrates and fats, and are highly processed.

Take a break for lunch

These colourful, veg-packed meals make
lunchtime something to get excited about



**Feta & kale loaded
sweet potato**

Feta & kale loaded sweet potato

Baked potatoes make a versatile lunch (you can add extra toppings if you like) and using sweet potato means this counts towards your five-a-day.

SERVES 2 **PREP** 10 mins
COOK 50 mins **EASY** **V**

2 sweet potatoes
210g can chickpeas, drained
1 small red onion, thinly sliced
2 tbsp red wine vinegar
pinch of sugar
30g feta, cut into small cubes

1 tbsp extra virgin olive oil
pinch of chilli flakes
100g kale
1 tbsp pumpkin seeds, toasted
80g rocket

1 Heat the oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, put in a roasting tin and roast for 40 mins. Add the chickpeas and roast for 10 mins more, until the potatoes are completely tender and the chickpeas have crisped a little.

2 Meanwhile, mix the onion with the vinegar, sugar and a pinch of salt, and set aside to quickly pickle. In another bowl,

combine the feta with the oil and chilli flakes and set aside to marinate.

3 When the potatoes are nearly cooked, cook the kale in a pan with 50ml water for 3 mins until wilted, then season to taste. Halve the potatoes, divide between two plates and top each with the kale, chickpeas, red onion (reserving the vinegar), marinated feta and pumpkin seeds. Toss the rocket with the reserved vinegar, then serve with the potatoes.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 422 kcals • fat 15g • saturates 4g • carbs 51g • sugars 19g • fibre 11g • protein 15g • salt 0.6g

Super-quick sesame ramen

Lunch doesn't get much faster than this – it's on the table in 15 minutes.

SERVES 1 **PREP** 5 mins
COOK 10 mins **EASY** **V**

80g instant noodles (ideally sesame-flavoured)
2 spring onions, finely chopped
½ pak choi
1 egg
1 tsp sesame seeds
1 tsp sesame oil (this may be provided with the noodles)
chilli sauce (optional), to serve

1 Cook the noodles (with the flavouring sachet) following pack instructions (or you can use stock instead of the sachet, if you have it). Add the spring onions and pak choi for the final minute.

2 Meanwhile, simmer the egg for 6 mins from boiling, run it under cold water to stop it cooking, then peel it. Toast the sesame seeds in a frying pan.

3 Tip the noodles, broth and greens into a deep bowl, halve the egg and place on top. Sprinkle with the sesame seeds, then drizzle with the oil and chilli sauce, if using.

GOOD TO KNOW healthy • low fat • low cal • folate • 1 of 5-a-day

PER SERVING 205 kcals • fat 7g • saturates 2g • carbs 21g • sugars 4g • fibre 4g • protein 11g • salt 0.4g



Cheat's black dhal

Using ready-cooked lentils makes this super-speedy.

SERVES 4 **PREP** 15 mins **COOK** 20 mins **EASY** **V**

1 small cauliflower, cut into small florets, leaves reserved
2 tsp each cumin seeds and ground turmeric
3 tbsp olive oil or melted coconut oil
1 small onion, finely chopped
1 tbsp garlic & ginger paste
1 red chilli (deseeded if you don't like it too hot), chopped
small bunch of coriander, stalks chopped, leaves picked
2 x 250g pouches puy lentils
400ml can coconut milk
2 limes, 1 juiced, 1 cut into wedges to serve

- 1 Heat the oven to 200C/180C fan/gas 6. Toss the cauliflower and leaves with 1 tsp cumin seeds, 1 tsp turmeric and 1 tbsp oil. Season, spread on a baking tray and bake for 15-20 mins until cooked and a little charred.
- 2 Heat 1 tbsp oil in a saucepan over a medium heat and add the remaining spices. Once the cumin seeds begin to pop, add the onion and cook for 5 mins or until softened. Stir in the garlic & ginger paste, chilli, coriander stalks and remaining oil and sizzle for a few minutes. Stir in the lentils and coconut milk and turn up the heat. Cook for a few minutes until the lentils have absorbed some of the liquid, then add the lime juice and season.
- 3 Divide between four bowls, top with the cauliflower and coriander leaves and serve with lime wedges.

GOOD TO KNOW vegan • fibre • 2 of 5-a-day • gluten free

PER SERVING 457 kcal • fat 25g • saturates 6g • carbs 33g • sugars 6g • fibre 12g • protein 17g • salt 1.3g



Creamy leek & bean soup

This makes enough leftovers for lunch on another day. It's based on leek & potato soup, but we've used beans as they contribute to your five-a-day.

SERVES 4 **PREP** 10 mins **COOK** 20 mins **EASY** **V**

1 tbsp rapeseed oil
600g leeks, thinly sliced
1 litre hot vegetable stock
2 x 400g cans cannellini beans, drained
2 large garlic cloves, finely grated
100g baby spinach
150ml whole milk

- 1 Heat the oil in a large pan and cook the leeks on a low-medium heat for 5 mins. Pour in the stock, tip in the beans, cover and simmer for 10 mins.
- 2 Stir in the garlic and spinach, cover the pan and cook for 5 mins more until the spinach has wilted but still retains its fresh green colour.
- 3 Add the milk and plenty of pepper and blitz with a stick blender until smooth. Ladle into bowls and grind a little black pepper over each one to serve.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • 2-of-5-a-day

PER SERVING 218 kcal • fat 6g • saturates 1g • carbs 26g • sugars 7g • fibre 6g • protein 12g • salt 0.9g



Charred spring onions & teriyaki tofu

Try this simple dish made from storecupboard ingredients.

SERVES 2 **PREP** 5 mins
COOK 25 mins **EASY** **V**

150g wholegrain rice
50ml soy sauce
2 tbsp mirin
½ tsp grated ginger
1 tsp honey
350g firm tofu
1 bunch of spring onions, trimmed
2 tsp sunflower oil
½ tsp sesame seeds
1 red chilli, sliced (optional)

1 Cook the rice following pack instructions. Pour the soy sauce, mirin, ginger and honey into a small saucepan with 50ml water. Bring to a simmer and cook for around 5 mins or until slightly thickened. Remove from the heat and set aside until needed.

2 If your tofu doesn't feel very firm, you'll need to press it. To do this, wrap the block of tofu in a few layers of kitchen paper, then weigh it down with a heavy pan or tray for 10-15 mins – the longer you press it, the firmer it will be. Cut the tofu into thick slices.

3 Heat a griddle pan over high heat and lightly brush the tofu and spring

onions with the oil. Griddle both until deep char lines appear, around 4 mins each side. You may have to do this in batches depending on the size of your griddle pan.

4 Divide the cooked rice between two plates, top with the griddled tofu and spring onions, then drizzle with the teriyaki sauce. Garnish with the sesame seeds and sliced red chilli, if using.

GOOD TO KNOW low fat • calcium • 1 of 5-a-day
PER SERVING 507 kcals • fat 11g • saturates 2g •
carbs 76g • sugars 16g • fibre 5g • protein 23g •
salt 3.5g

CHEESE OF EUROPE

ANYTIME, ANYWHERE, ANYHOW

Rendez-Vous with the cheeses of France

Le Brie

DID YOU KNOW ?

#1

Brie is the best-known French cheese around the world; it is even nicknamed "The Queen of Cheeses".

Did you know that Brie was named after the region where it was originally created, the Brie region?

#2

#3

Brie used to be a precious gift: several hundred years ago it used to be one of the tributes that had to be paid to French kings.

Do you know how to spot a "real" French Brie? It should be unstabilised. The flavour will be complex only if the surface has turned slightly brown. When Brie looks pure white, it means it has not matured enough. If the cheese is cut too early in the maturing process, it will not develop properly.

#4

#5

Brie is often compared to Camembert; however, it is milder and has lighter tones of cream and butter. Camembert, in comparison, has deeper tones of mushrooms and herbs.

Did you know that Brie goes perfectly with walnuts, honey and plum chutney? We suggest melting it in the oven for a rich treat to share with your loved ones.

#6



BREAKFAST

Looking for a delicious brunch-style breakfast?
Make your scrambled eggs with Brie on the toast and voila!

SNACK

For a snack, try Brie with some country-style bread and a glass of apple juice.

DINNER

Feel like pizza? Sure!
Try replacing your regular mozzarella with tasty Brie!

AFTER DINNER

Try ending your dinner with a Brie topped with fruit jam or honey.

CLUB SANDWICH

Looking for a quick on-the-go meal? Why not try an exciting Brie and pear sandwich?

a touch of spice

Warm up chilly evenings (and pack in three of your five-a-day) with this fragrant veggie curry

recipe SARA BUENFELD *photograph* MELISSA REYNOLDS-JAMES

Chana masala with pomegranate raita



SERVES 2 **PREP** 10 mins **COOK** 35 mins

EASY **V** * chana masala only

- 1 tbsp rapeseed oil
- 2 onions, halved and thinly sliced
- 1 tbsp chopped ginger
- 2 large garlic cloves, finely grated or crushed
- 1 green chilli, halved, deseeded and thinly sliced
- ½ tsp each cumin seeds, mustard seeds, garam masala and turmeric
- 1 tsp ground coriander
- 400g can chickpeas, undrained
- 4 small tomatoes (about 160g), cut into wedges
- 2 tsp vegetable bouillon powder
- cooked wholegrain rice, to serve (optional)

For the pomegranate raita

- 150ml plain bio yogurt
- 25g pomegranate seeds
- 2 tbsp finely chopped coriander, plus extra leaves to serve

- 1** Heat the oil in a large non-stick pan, then cook the onions, ginger, garlic and chilli for 15-20 mins.
- 2** Add the spices, chickpeas, the liquid from the can, $\frac{3}{4}$ can cold water, the tomatoes and bouillon. Cover and simmer for 10 mins.
- 3** Meanwhile, mix the ingredients for the raita in a small bowl, reserving a few coriander leaves. Roughly mash some of the curry to thicken it. Spoon into bowls with rice, if you like. Scatter over the reserved coriander and serve with the raita on the side.

GOOD TO KNOW healthy • low fat • calcium

• fibre • 3 of 5-a-day

PER SERVING 351 kcal • fat 13g • saturates 2g • carbs 38g • sugars 16g • fibre 10g • protein 16g • salt 0.4g



Shoot director RACHEL BAYLY | Food stylist KATY GILFLOOY | Stylist MELISSA REYNOLDS-JAMES

GOURMET LIFESTYLE





THE SUITE LIFE

The stunning Rixos The Palm Hotel & Suites, located on Palm Jumeirah, proves to be the perfect tonic and remedy from the stresses of the hustle and bustle of city life in Dubai



Situated at the very end of the yawning stretch of luxurious hotels dotted along The Palm Jumeriah is the jewel in its crown, Rixos The Palm Hotel & Suites. Upon arrival, you can't help but marvel at the stunning fine marble finish of the lobby and reception area, which radiates a feeling of pure luxury. Check-in is a seamless process, and I was incredibly impressed at the safety measures and protocols taken to ensure that strict social distancing rules and regulations were adhered to at all times, even when the reception area was crowded.

ACCOMMODATION

To call the Senior Suite spacious would be doing it a disservice. The sheer size of the suite truly was something to behold, and we likened it to that of a penthouse that you would typically find in London or New York. What really took our breath away were the jaw-dropping views of Palm Jumeriah on display from not one, but four balconies that were part of this stunning suite. Another eye-catching feature was the traditional dry-stone finish of the walls, blended perfectly with the overall contemporary interiors. Other elements of the suite include a business desk in the living room area, a comfy sofa, HD plasma TV, king-size bed and a large bathtub with complimentary salts if you are in the mood for a relaxing soak.

CULINARY OFFERINGS

Feeling slightly peckish, we decided to explore the vast number of award-winning restaurants at our disposal in the hotel. Having assessed our options, we opted for lunch at A La Turca Restaurant, which had an open buffet concept that provided a diverse range of international cuisines for us to choose from. The chicken supreme with rice is a must-try, bursting with flavour and best eaten with a side of bread. We were tempted to divulge ourselves further, but with a booking reservation at Toro Loco Steakhouse later in the evening, we had to be tactical and not use up all our stamina.

Excited by the prospect of sampling their culinary offerings, I can state

emphatically that it did not disappoint. Dinner began with sucuk carpaccio with gherkin pickle, Turkish cheese and truffle mayo; dynamite prawns served with masala mayo and lemon cream, and cheesy beef roulade with alfredo cheddar sauce and shoestring potatoes. The three-hour slow-cooked beef simply melted in our mouths. All starters packed in a wealth of textures and flavours, however, the prawns stole the limelight and truly were 'Dynamite' (pardon the

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The sheer size of the suite truly was something to behold, and we likened it to that of a penthouse.

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pun). My only complaint was that I was left wanting more!

For entrées, we were served the Wagyu tenderloin Grade A steak along with other prime cuts including Argentinian rib-eye and Canadian dry-aged striploin. The steak was without a doubt one of the best I have ever tasted, delivering an incredible, unrivalled taste with the meat cooked to perfection. There are genuinely not enough superlatives to describe how good the steak was. To accompany the meat, we had pepper and mushroom truffle sauce, sautéed spinach topped with parmesan - I was surprised by how much I liked the spinach - steamed vegetables and mixed fries.

Dessert was a scrumptious sight, with an assortment of fresh fruit and a deconstructed egg drowned in heavenly chocolate goodness.

BOOK NOW

Room rates from AED1,180 per night. For more information, visit rixos.com.



COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



WIN!

DINING VOUCHER AT PUNJAB GRILL, ABU DHABI, WORTH AED 1,000

The famed Indian fine dining restaurant, Punjab Grill offers a unique gastronomic take on Indian dishes such as kofta curry, butter chicken, and jalebi, to name a few. An Indian culinary destination that promises an experience like no other, Punjab Grill Abu Dhabi, a part of the family of award-winning restaurants in New Delhi, Mumbai, Chennai, Kochi, Singapore, Bangkok and Washington DC, has been taken back under the wings of Super Eats Investments and is now being operated by the Founders and their teams.



WIN!

SILVER FERN FARMS GIFT VOUCHER WITH LA CARNE, WORTH AED 500

Silver Fern Farms are New Zealand's leading procurer, processor, marketer and exporter of premium quality grass-fed lamb and beef. One lucky winner can shop for a wide selection of Silver Fern Farms products online at La Carne. The family-run meat shop, established in 2014, takes pride in offering the best steaks, burgers and more. La Carne offers premium beef and lamb with delivery across the UAE, traceable to award-winning producers such as Silver Fern Farms in New Zealand.



WIN!

FAMILY MEAL VOUCHER FOR QIDZ APP, WORTH AED 500

QIDZ was founded by five mums to help other parents across the GCC share updates and information on the best child-friendly activities in town. The app offers fun happenings in and around your city, to inspire parents for their next family day out. Browse activities on the app, add them to your favourites and save to your calendar. With plenty of recommendations as well as reviews from like-minded parents and caregivers, QIDZ is a great way to find, share and update information on everything going on for little ones.



WIN!

FRIDAY BRUNCH FOR TWO AT YALUMBA, WORTH OVER AED 1,000

Dubai's hottest party brunch, Friday Brunchology at Yalumba is back! One winner can get their hands on the all-inclusive sparkling package for two, featuring impeccable food, sensational desserts, liquid treats, live music and plenty more. The brunch plays host to over 120+ dishes in its' buffet, while the extended garden space makes for the perfect after-brunch party spot.



WIN!

FREAKIN' HEALTHY GIFT VOUCHER WORTH AED 500

To celebrate the recent launch of its Peanut Butter Protein Ball, Freakin' Healthy is giving one lucky winner an AED 500 gift voucher to spend on its offerings. All products combine great-tasting ingredients, zero junk and are void of wheat, dairy, refined cane sugar, gluten, GMO, preservatives, artificial colours, flavouring and soy. From superfood bars to protein balls and fruity stars, there are snacks for all ages, lifestyles and times of the day: post work out, nut-free options for school runs, or simply a mindful life on the move. Oh, and you will never guess that Freakin' Healthy is completely vegan, it's that good!



WIN!

AED 500 STORE CREDIT FROM MARKS & SPENCER

To celebrate Marks & Spencer launching its biggest and most indulgent festive range yet, BBC Good Food ME has teamed up with the quintessentially British brand to offer one lucky winner AED 500 store credit to spend on premium gifts, easy stocking fillers and decadent festive treats. For that long-awaited first taste of Christmas, look no further than Marks & Spencer's signature All Butter Mince Pies. Those avoiding dairy and gluten can try the largest ever range of vegan and gluten-free Christmas foods with over 20 new options to try. You can also find premium chocolate and biscuit collections from small artisanal producers and a brilliant range of fun foodie gifts for both young and old.



WIN!

RANGITIKEI PRODUCTS AT PRIME GOURMET, WORTH AED 500

One lucky winner can get their hands on Rangitikei products with Prime Gourmet. Rangitikei free range chicken is tender and delicious with no artificial flavours, ingredients, colours or preservatives, and available as a whole bird or in tray pack portions of chicken breasts, thighs, drumsticks and nibbles. Prime Gourmet brings a unique upscale western-style butchery and gourmet food to the UAE. Their well-trained butchers are adept at cutting, slicing, scoring, tying your meat and offering advice on the spot, leaving you with more time to craft out your dishes.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



European Fruits: the essential and healthy nutritional choice

Juicy, crunchy and sweet, with bright colors and rich aroma: all the balance of nature contained in a fruit, from the trees of the Greek orchards on your table!

The cultivation of fruit trees has flourished in Europe for centuries, being intertwined with the culture and life of the Mediterranean people. The microclimate of the area with its mild temperatures, the sufficient rainfall and the abundant sunshine offers the ideal conditions, influencing in the best way the quality of the fruits produced in the area.

The experience of the people who are working in their production, combined with the modern scientific methods and the strict standards of quality and control applied in Europe ensure a safe product on your plate, of high nutritional value and unique quality.

During the cultivation and production of European fruits, all legal requirements and safety and hygiene standards of the national standards and international quality protocols (certified by AGRO 2, GLOBALGAP, BRC, IFS and ISO 22000) are fully adopted and implemented.

Apples, Kiwis, Peaches, Nectarines and Cherries from Europe, produced in Greece: Add to your daily diet the ultimate healthy habit!



Griddled peaches with prosciutto & blue cheese

INGREDIENTS

4 ripe peaches sliced	100g blue cheese, crumbled
4 tbsp olive oil	85g pack prosciutto
100g rocket	1 tbsp balsamic vinegar



PREPARATION

Brush the peach quarters with 2 tbsp of the olive oil and grind a little black pepper over. Heat a griddle pan, add the peaches, cooking for 2-3 mins on each cut side until caramelised. Set aside. Toss the rocket in 1 tbsp of the olive oil and pile up with the cheese and prosciutto on 4 plates. Top with the peach quarters. Whisk together the remaining oil and the vinegar, spoon over the salad and serve.

ALBA TERRACE

SINK INTO MEDITERRANEAN DAYS AND NIGHTS

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